History Lover's Cookbook

Over 150 full-color photos inspired by nineteenth century recipes, anecdotes, and the Civil War

Roxe Anne Peacock

HISTORY LOVER'S COOKBOOK

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ABOUT THIS BOOK

The recipes in History Lover’s Cookbook were inspired by nineteenth century recipes; some without measurements. The articles included in the book are about the history of foods used prior to the Civil War and up to the early nineteen hundreds.

The author used the ingredients of the recipes, but modernized the recipes to make it easier for the modern cook to follow. She encourages readers to use replica cooking vessels so as to preserve the integrity of antiques. Also, she can’t stress how important it is to use food-safe pans, canning jar lids, utensils, stoneware, etc. Remember, today we cook with many ingredients to enhance flavor; which was not always the case in the nineteenth century.

OVERVIEW

In February of 1861, the South had formed a government with Jefferson Davis appointed as the president.

March 4, 1861, brought the inauguration of Abraham Lincoln as the sixteenth president of the United States.

On April 11th, Confederate Brigadier General P.G.T. Beauregard demanded the surrender of Fort Sumter in Charleston, South Carolina. Discussions went well into the night.

The commander of the fort, Robert Anderson, stated he would surrender the fort when he had exhausted his supplies. Beauregard rejected the offer. At 3:20 A.M. on April 12, 1861, the Confederates informed Anderson they would begin bombardment. The war had begun and the South had fired the first shot.

President Abraham Lincoln sent out a call for seventy-five thousand volunteers. Over one-hundred thousand men enlisted. The Confederate forces grew every day. Full-scale war would be coming soon.

History Lover's Cookbook will travel through the Battle of First Bull Run/Manassas where Washington's citizens and congressmen viewed the conflict romantically and prepared for a picnic only to find them in a panic.

Prepare a picnic of lemonade, raspberry shrub, mint juleps, fried chicken, ham sandwiches, potato salad with boiled dressing, cold slaw as it was known then, soda biscuits and quince marmalade to observe one of the many Civil War re-enactments throughout the United States.

History Lover's Cookbook will take readers to the Battle of Seven Pines where General Jackson's men captured a Union supply depot; French mustard was the most highly prized item.

Read about J.E.B. Stuarts plan for a "Grand Review" on a scale no one had ever seen before; followed by a ball.

Enjoy eating tea cakes while viewing full color recipes and photos of re-enactors portraying President Abraham Lincoln, Mary Todd Lincoln, General Ulysses S. Grant, General Robert E. Lee, General George Armstrong Custer, civilians and more.

Mary Virginia (Jennie-Ginnie) Wade was shot while baking bread for the Union soldiers in Gettysburg. She was the only civilian to die at the Battle of Gettysburg. Give a gift of fresh baked bread with a jar of homemade lemon butter.

General Robert E. Lee's body servant, William Mack Lee, cooked Lee's favorite black hen for a guest list of generals on May 4, 1864. William was lambasted for killing the hen who laid the golden egg. Cook roast chicken with butter stuffing as William cooked for the guest list of generals.

President Lincoln declared the last Thursday of November to be a day of Thanksgiving. In the trenches at Petersburg, cooks prepared over 120,000 chicken and turkey dinners for Grant's men. The Confederates held their fire in respect of the Union's holiday. Share in the Union's holiday by preparing recipes photographed in the chapter, Siege at Petersburg.

On April 9, 1865, General Lee stood under an apple tree to dispatch his surrender to Grant. Do you know what he was eating just before he surrendered?

Have you ever wondered where hush puppies got their name? What did Grant eat every morning with his breakfast? Travel through the Civil War with anecdotes, photos, and recipes inspired by the nineteenth century.

ACKNOWLEDGMENTS

This book was born many years before I set ink to paper and then began transferring the information to the computer.

From the very first day I walked into a Civil War re-enactment camp with my family and heard a fife being played by a commissary sergeant waiting for the stew he was cooking to be completed to feed a hungry group of re-enactors in their heat soaked clothes back from entertaining a crowd of civilian onlookers, I knew a cookbook was in the making.

My family spent many years sleeping in tents, eating breakfasts that consisted of oatmeal, eggs, fried potatoes, biscuits and gravy, fresh seasonal fruit from the area, drinking milk, indulging in coffee with a bit of grounds for extra flavor, and enjoying savory dinners around the campfire with friends. We hosted ladies' teas, participated in fashion shows of the era and educated the public about the tribulations of the Civil War. I gained a fond respect for all who participate.

Thanks to all the organizations who host Civil War events, the re-enactors who participate whether soldiers or civilians, medical units, musicians, commissaries, sutlers, the cavalry who train their horses not to fear large crowds, clanking of sabers, gunfire, the artillery for bringing their cannons, photographers for making their photos come to life, the vendors for supplying the public with refreshments, tailors, and the seamstresses.

Thanks to all who maintain the historical parks, battlefields and museums. Thanks to all the county, state and national historical societies. Thanks to all the authors for their research for historical magazines, journals, newspapers, non-fiction and fiction hardcover, paper back and eBooks. And thanks to all the cookbook authors who want to share a bit of history through their foods.

History Lover's Cookbook could not have been completed without the help of my daughter, Heather Land, who has helped me with blogs, websites, editing, photo shopping, book covers, recipes and more.

A special thanks to my wonderful photographer, Tom George Davison, who helped the cookbook come to life.

My dear friend and editor, Cecile Kahr, deserves a medal for coming to my aide when I am on a time restraint. Not only is she my editor, but she is a Civil War re-enactor herself.

A special tribute to my husband, Tom, who portrays General George Armstrong Custer in a troupe entitled, Grant, Lee, Custer & Co. The group makes every effort to make their first impressions perfected.

Last but not least, a big thanks to Billie Beach for showing me how to butcher a rabbit, grandchildren Allison, Hunter, Jake and Jennie for not fearing trying oxtail soup, fried rabbit, broiled quail, raspberry shrub, duck with orange sauce and many more unusual recipes. I have to say there were no apple fritters left, Hunter ate three quail by himself, and Allison braved drinking the wonderful raspberry shrub. Jake will try anything once.

DEDICATION

History Lover’s Cookbook is dedicated to the men and women who lost their lives, loved ones, or endured the hardships of the Civil War. And to all soldiers and their families around the world who have undergone the same in other wars.

I also would like to thank those fortunate enough to be able to write down their recipes for us to enjoy. Remember to write down your family recipes for your ancestors to enjoy.

As a young girl, I had the pleasure of hanging out in my father and grandfather’s restaurants. If they were alive today, I know they would be proud. Thanks for inspiring me.

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Lincoln at the Podium

INTRODUCTION

SURRENDER AT FORT SUMTER

In February of 1861, the South had formed a government with Jefferson Davis appointed as the president. He had been Commandant of West Point and Secretary of War. The states of Mississippi, Florida, Alabama, South Carolina, Georgia, Louisiana, and Texas had seceded. They would soon be followed by Virginia, Alabama, Tennessee, and North Carolina.

March 4, 1861, brought the inauguration of Abraham Lincoln as the sixteenth president of the United States. One of his first concerns would be the situation at Fort Sumter in Charleston, South Carolina. The commander of the fort, Robert Anderson, sent messages to Washington about supplies running low and he wanted to know what to do. Lincoln sent a ship loaded with supplies assuring South Carolina the ship only carried food with no troops or ammunition on board. However, they suspected a trick and prevented the ship from arriving. Rumors of impending war spread across both the northern and southern states.

On April 11, Confederate commander Brigadier General P.G.T. Beauregard demanded the surrender of the fort. Discussions went well into the night with no success. Anderson stated he would surrender the fort when he had exhausted his supplies, but Beauregard rejected the offer. At 3:20 A.M. on April 12, the confederates informed Anderson they would begin the bombardment in one hour. At 4:30 the shelling began. The war had begun, and the South had fired the first shot.

The men in the fort went to the lower positions where they had better protection from the shelling. However, from this low elevation they could not return effective fire, unable to reach the Confederate batteries.

On Sunday, April 14, out of food and low on ammunition, Anderson lowered his flag. The victorious Confederates agreed to allow Anderson to have a flag removal ceremony. The union loaded some cannons with blank

charges. The Confederate troops formed a double line for the federals to march out of the fort. As the cannoneers began their salute, sparks from one round hit some nearby live rounds, setting them off and resulting in one death and several injuries. The Union garrison exited Fort Sumter to be escorted to a Union frigate and shipped north.

Word of the surrender spread rapidly across the North and South. President Lincoln sent out a call for seventy-five-thousand volunteers. Men eagerly joined, and soon well over one-hundred-thousand had enlisted for ninety days. The Confederate forces also grew every day as southern men rushed to volunteer to protect their home states. It appeared inevitable full-scale war would soon be coming.

ROSE O’NEAL GREENHOW

Rose O’Neal Greenhow, “Wild Rose”, was a southern sympathizer from Maryland. She established herself in the social and political circles of Washington D.C. At galas and parties, she would learn military information from unsuspecting Union officers after most likely offering them refreshments. She secreted the messages to General P.G.T. Beauregard, giving him knowledge of Union Commanding General Irvin McDowell’s plans for the Bull Run campaign. Eventually caught and imprisoned for her actions, Rose became the first female spy to be discovered.

Battle of First Bull Run/Manassas

Chapter 1

BATTLE OF FIRST BULL RUN/MANASSAS

In early July, 1861, fresh, poorly trained troops began moving out of Washington toward Centreville, Virginia, about five miles east of Manassas Junction. Along the way the tired troops stopped to fill empty canteens and pick ripening blackberries. Fresh fruit made a welcome addition to their bland diet of salt pork or beef and hard bread. The Confederates moved out from Richmond to engage them, many arriving by train in boxcars. The young recruits on both sides bustled with enthusiasm, not yet realizing what really lay ahead of them. Both armies consisted of an assemblage of uniforms from militia of all parts of the country. This would prove to be a big problem once fighting began.

SOLDIERS AND WILD BLACKBERRIES

In the United States, blackberries usually peak during June in the South and July in the North. Wild blackberries are more than a succulent treat. The medicinal plants have been used to treat dysentery, sore throat, gout, venomous snake bites and other illness.

Wild Blackberries

In the Civil War, the Union and Confederate soldiers declared a short-term truce during outbreaks of dysentery to “go blackberrying”. The soldiers rummaged through the thick brambles searching for berries; often partaking in a few. But the sharp prick of the thorns among the brambles would be a reminder of the painful war.

FORAGING WILD BLACKBERRY LEAVES

Foraging wild blackberry leaves is best done in early spring when the young leaves begin to emerge just before the plant flowers or during flowerage. Begin your trek in the morning after the dew has dried off the plants. Pluck the young organic blackberry leaves from their stems, being careful not to strip the entire stem or you will kill the plant.

Wild Blackberry Tea

Wild Blackberry Tea

After the wild, organic blackberry leaves have been dried, store them in an airtight glass container. Do not crumble leaves before use for best flavor. Occasionally turn the leaves to aerate to prevent mold. When you want to make tea, just crumble 2 teaspoons of dried leaves in 1 cup of boiling water. Steep for 5-10 minutes and you will have blackberry tea.

George Armstrong Custer surrendered many a demerit to Benny Haven's and Flirtation Walk, where kisses were shared. But the antic which almost cost Custer his military career was the confiscated rooster boiled in cooking utensils he kept illegally in the chimney of his dorm at West Point.

Rooster by Wagon Wheels

Hot Apple Toddy

Hot Apple Toddy

Preheat oven to 375 degrees

Ingredients

1 medium nice baking apple 1/4 cup hot water for baking dish 2 ounces hot water for heat-safe mug 1 tablespoon granulated sugar 2 ounces Apple-Jack

Freshly grated nutmeg for garnish

Directions for baking apple

Wash apple and place in a small baking dish with the 1/4 cup water. Bake in the preheated oven for approximately 50 minutes or until tender. Remove the dish from oven and peel and core the baked apple.

Directions for Hot Apple Toddy

Place the baked peeled and cored apple in the bottom of a heat-safe mug or glass. Sprinkle the sugar over the apple. Pour the Apple-Jack over the apple sugar mix. Next, add the hot water and garnish with freshly grated nutmeg.

Hot Apple Toddy was one of George A. Custer's favorite drinks.

On July 18, 1861, fresh from graduating West Point, Second Lieutenant George Armstrong Custer arrived in Washington for assignment. After he reported, an officer asked him if he would like to be introduced to General-in-Chief Winfield Scott. Custer eagerly accepted. The old war horse Scott took a liking to Custer, offering him a position at headquarters training new troops. Custer thanked him, but said he preferred an assignment in the field. Scott told him he hoped for just such an answer. He gave Custer a satchel of messages for McDowell and told him to secure a horse and report to field headquarters at Centreville.

Horses had become scarce in Washington. Custer checked all the livery stables he could find with no success. Becoming discouraged and dejected, he finally came across a familiar face, a regular army dragoon from West Point. The trooper had been sent back to Washington to retrieve a spare artillery horse which had been left behind. Lieutenant Custer recognized the horse as one he had ridden while at the academy and said he would be happy to take the horse the twenty-five miles to the battery.

They rode through the night toward Centreville. Along the way, the smell of food and campfires tempted the senses. Custer rode on, determined to get to McDowell's headquarters. After finally finding his way to McDowell's camp, a captain told the young lieutenant he would give the general the satchel. The captain offered him breakfast, but he declined and said he would, however, accept food for his horse. As his horse ate contentedly, Custer received his orders to report to Company G, Second U.S. Cavalry.

Upon arriving at Company G's camp, he noticed an academy classmate eating breakfast. The smell of fresh baked cornbread along with fried steak made Custer's mouth water. His classmate asked Custer if he would care to join him, and this time he eagerly accepted, washing down the food with plenty of hot black coffee. Years later he called it one of the most unforgettable meals of his life.

Kettles on a spit

Fried Beefsteaks

Fried Beefsteaks

Cut the beefsteak into thin pieces. Put 2 tablespoons lard into a cast-iron skillet. When it is hot, place the steaks in the pan and keep turning them until they are cooked to your desired doneness.

NORTHERN AND SOUTHERN CORNBREAD DIFFERENCES

Just as Civil War generals wouldn't leak information to the enemy, secrets of heirloom recipes often were verbally passed down, not handwritten.

Cornbread is a variety of quick bread (leavened chemically, rather than by yeast) containing cornmeal.

During the Civil War, cornbread became popular out of necessity and versatility. Northern and Southern cornbread recipes differed greatly due to the types of corn which grew in the regions. Flint corn (yellow) grew predominantly in the North while the southern portion of the Corn Belt grew Boone County white. They also prefer different flavorings in their cornbread.

The North prefers adding sugar or molasses to sweeten their bread. The South tends to enjoy a saltier bread; usually adding cracklin (bacon fat). If sweeteners were added, it would be considered dessert. Southerners also regarded yellow meal only fit for chicken and cattle-feed.

> *"If God had meant for cornbread to have sugar in it, he'd have called it cake."* —Mark Twain

Cornbread

Cornbread

Preheat oven to 450 degrees

Ingredients

2 cups stone-ground yellow cornmeal 2 cups all-purpose flour

2 cups homemade buttermilk 2 large eggs, well beaten 1/2 cup granulated sugar 1 teaspoon salt

2 tablespoons unsalted melted butter, slightly cooled 1 level teaspoon baking soda (dissolved in 2 teaspoons of whole milk) 1 tablespoon of unsalted butter for skillet

Mix the cornmeal and flour together in a large bowl. Pour the buttermilk slowly into the flour mixture. Add the 2 tablespoons slightly cooled melted butter to the above ingredients.

Next, whisk the sugar and salt together in a small bowl and add to the mixture. Then add the beaten eggs. Mix together 1 level teaspoon baking soda dissolved in 2 teaspoons of whole milk; add to the batter. Mix all ingredients together quickly with a wooden spoon.

Place 1 tablespoon of unsalted butter in the bottom of the cast-iron skillet. Place the skillet in the 450 degree preheated oven for 5 minutes. Remove the skillet from the oven and carefully tilt the skillet to coat the sides and bottom of the pan with 1 tablespoon melted butter.

Pour the cornbread mixture immediately into the hot skillet. Level the mixture carefully. Bake at 450 degrees for 25-30 minutes or until a toothpick comes out clean when inserted into the cornbread. Serve warm with a dollop of fresh butter.

If you are not going to eat your cornbread immediately, let it cool on a wire rack in the pan for 5 minutes, then turn it out onto the rack. This keeps the bread from becoming soggy.

In the nineteenth century, they used what they called straws, a piece of a broom, to insert as toothpicks.

Homemade Buttermilk

Mix 1 cup whole milk with either 1 tablespoon of white vinegar or 1 tablespoon of lemon juice; let it sit at room temperature for 15 minutes. The milk should have begun to curdle. Stir and enjoy your next buttermilk recipe with ease.

Excitement spread through the civilian population in Washington. Men and women from the capital wanted to witness what they expected to be a quick and easy end to the uprising of the rebellious southerners. The battle-cry of “On to Richmond” was often heard on the streets.

Washington hotel-keepers had difficulty filling orders for picnic lunches which they received on Saturday; charging treble the normal price. Rare wines, French Bordeaux, burgundy, wagons of champagne, whiskey, fried chicken, ham, pheasant, and quail; pickles and preserves from London; sun-ripened cantaloupes, huge watermelons, fancy bonbons, assorted cakes and other delicacies were packed in picnic hampers and filled wagons.

Pheasant with Wild Rice and Morel Mushrooms

Pheasant with Wild Rice and Morel Mushrooms

Roast at 250 degrees for approximately 3 hours

Pheasant

2.5 to 3 pounds dressed pheasant 2 tablespoons unsalted melted butter 1 cup chicken stock

1 small onion or 1 medium shallot 4 black whole peppercorns 3 juniper berries

Small bunch parsley

Salt and pepper to taste

Wild Rice and Morel Mushrooms

1 cup black wild rice

1 cup hot water

1 cup chicken stock

1 package dehydrated Morel mushrooms prepared per instructions

Prepare an open fire-pit for at least 45 minutes prior to cooking to obtain enough hot coals. Preheat the lid near the fire for 5 minutes. Always have a pail of water close to your fire-pit.

Remove the neck and clean the insides of the pheasant thoroughly. Rinse the pheasant several times in cold water. Pat the bird dry and rub the outside with the 2 tablespoons of melted butter. Salt and pepper the cavity and outside of the bird. Stuff the cavity with 4 peppercorns, 3 juniper berries, the onion or shallot, and the small bunch of parsley.

Place the bird in a 10-inch Dutch oven on the opposite side of the hot coals. Carefully add 1 cup chicken stock. Place the lid on the oven. This cooking method helps keep the lean pheasant from drying out too much from direct heat.

About 1 hour before the pheasant is done, have ready 1 cup of wild rice washed 3 times in cold water or until the water runs clear. If Morel mushrooms aren’t in season or you don’t have time to go mushroom

hunting, have the dehydrated mushrooms ready for cooking.

In a separate pan, heat 1 cup of water and the 1 cup of clean wild rice for about 5 minutes. Add the rice and 1 cup chicken stock to the bottom of the Dutch oven or enough to equal two cups of liquid. One pheasant usually yields about 1 cup of stock.

Add the drained Morel mushrooms to the wild rice and stock. Place the lid on the oven and cook the rice and mushrooms for approximately 50 minutes to 1 hour. The rice should be tender and most of the liquid will be gone. If the rice isn't done, add a bit more stock and cook until the rice is desired doneness. Don't overcook the rice.

Check the coals often and add more as necessary to maintain the temperature in the Dutch oven at 250 degrees. Removing the lid too often decreases the temperature.

This recipe may be roasted in a Dutch oven in a modern kitchen at 250 degrees. Place the pheasant in the middle of the Dutch oven with the lid on.

Broiled Quail

Broiled Quail

Quail is a very small bird with delicate game flavor. The lean dark meat and flavor come from the quail eating a diet of fruits and seeds. These tiny birds make a perfect meat to cook quickly on the open fire after a busy re-enactment day.

Wash and clean the quail inside and out in cold water. Split the quail down the back. Open the quail flat with the breast side up. Sprinkle both sides with salt and pepper. Dot the bird with real butter.

Place the quail on the hot griddle over the open fire with breast side up. Cook the bird quickly 5-6 minutes on each side over high heat; turning once or twice. When the bird is done, brush it with unsalted melted butter before serving.

The Honorable Alfred Ely, United States Representative from New York, dressed in a white linen duster, along with United States Senator LaFayette S. Foster of Connecticut, and three friends, all boarded a carriage eager to reach Centreville to observe two armies engaged in combat.

Every available source of transportation had been hired in Washington to make the trek. Since midnight, an endless stream of senators, congressmen, newspaper representatives including William H. Russell, a London correspondent for *The Times*, along with hundreds of civilians rode out to Fairfax Courthouse on horses, in carriages, city hacks, cabriolets, and barouches. Their gaiety and singing disturbed unsuspecting sleepers along the moonlit, dusty rough road.

Civil War ladies by a tree

Many of the women even packed their ball-gowns, jewels, spyglasses,

and other intimate apparel for the victory celebration in the Confederate capital. They wore hoop skirts and carried colorful parasols to protect them from the hot July sun. The men sported their best frock coats and wore fine, high silk or broad straw hats. To these people it would be like a monstrous picnic while watching a sporting event, but in hindsight, it would be the most tragic picnic in the history of the United States.

July 21, 1861, The First Battle of Bull Run or Manassas [The Union would sometimes name battles after a river or landmark, the Confederates after the nearest town] turned out to be mass confusion and not at all what the picnickers expected to see. Men from both sides fell in multitudes, and cannons thundered like Thor’s hammer. Many times in the battle troops fired on their own men, believing the uniforms to be those of the enemy. At one point during the battle, a union victory appeared imminent. The confederates became disorganized and panicky. As the men started to flee, Confederate General Bernard Bee halted them. He pointed out General Jackson. Bee rallied his men and told them “Look, over there stands General Jackson like a stone wall! Rally behind the Virginians!” The name stuck with Jackson through his days in the war.

About the Quince Fruit

ABOUT THE QUINCE FRUIT

During the 1500's in Portugal, the term marmalade came from the Portuguese word *marmelo* for the quince or the original *marmalada.*

By the 18th century, the Seville orange replaced the quince in marmalade popularity. Some believe marmalade was created by a doctor treating Mary, Queen of Scots, for seasickness by mixing oranges with crushed sugar. Thus, the term marmalade is a derivation of "*Marie est malade*," a French phrase meaning, "Mary's illness".

Today marmalade is a sweet jelly with pieces of fruit and rind; the rind is used to balance the bitterness with the sweetness of the jelly.

Aphrodite, The Greek Goddess of Love, was known to consider apples sacred. Historians believe the apple favored by Aphrodite to be a quince.

In the Tudor period in the British Isles, quince marmalade was considered an aphrodisiac. Tudor housewives taught themselves to make marmalade at home.

Sixteenth century recipe books record recipes for apple, pear, and strawberry marmalades. The high pectin in quinces helped the marmalade to set quickly; hence the popularity of the fruit for the time period.

The quinces in North America are too hard, astringent and sour to eat raw. They are used to make jam, jelly, and quince pudding. They have a very strong perfume making them desirable to enhance flavor to apple pies and jams in small quantities.

In France, before putting the marmalade into pots, a little rose water and a few grains of musk mixed together were added. The French called this a *Cotiniat,* and considered this the most delicious. It also had a reputation for its digestion powers.

When European immigrants began settling in the New World, they planted quince in North America. In the 1850's, a Texan who owned a large land grant grew quince, peach, fig, raspberry, pomegranate, and plum fruit which made the quince less popular.

Some Historians believe Eve's fruit of temptation might have been a pomegranate or quince.

The quince is a member of the apple family

Quince Marmalade

Quince Marmalade

Ingredients

4 quince

4-5 cups water 4 cups brown sugar 3 tablespoons fresh squeezed lemon juice

Wash the quince to remove any fuzz. Cut the quince into quarters. Place the quince into a heavy-bottom stockpot and add just enough of the water to cover them and bring to a boil. Cover the quince and simmer slowly for about 1 ½ hours or until the quince is tender.

Remove the quince from the pan to a plate; reserving the water. Cool the quince slightly and remove the peels, cores, stems and seeds; reserving them for later. Coarsely chop the quince and place them back into the reserved liquid along with the peels, cores, stems and seeds. Bring the fruit to a boil. Slowly stir in the brown sugar and lemon juice. Cook uncovered until the quince are soft and mash lightly. The mixture should be fairly thick and register 220 degrees on a candy thermometer. The quince will form a thick skin on the wooden spoon and edges of the pan when it is done.

Press the mixture through a sieve. Discard the cores, seeds, stems and peels. Pour into sterilized jars or airtight containers. Refrigerate for up to 2 weeks.

Fresh quince are available about the same time as apples in your ethnic produce departments. Use them within two or three days after purchase; they don't store well.

Homemade Brown Sugar

From the deep robust flavor of molasses in gingerbread to the mild flavor in an apple cake, adjusting the intensity of your brown sugar is an easy task.

For a dark-brown sugar, mix 2 tablespoons of molasses to 1 cup of granulated sugar. Mix with a fork until the molasses is incorporated.

If a recipe calls for a light brown sugar, add 1 to 1 1/2 tablespoons of molasses. Your brown sugar flavor will also vary with the use of blackstrap or various strengths of molasses.

You can store your homemade brown sugar in an airtight container for up to 1 month. If moisture gets in the container, the sugar will become hard.

After Congressman Ely and his party enjoyed an early lunch which they brought with them, they traveled to historic Fairfax Courthouse for a bit of sightseeing; then proceeded to Centreville. Upon reaching a group of spectators cheering, they joined in the celebration of the Union victory.

The spectators' hampers overflowed with fried chicken, ham, bonbons, fresh fruit, and other delicacies brought from the Willard Hotel. They quenched their thirsts with the rare wine while sharing their bounty and discussing the quick defeat.

Ham Sandwich

Ham Sandwich

Chop fine a half a pound of boiled ham, and season it with 1 tablespoon of olive oil, 1 tablespoon lemon juice, a little cayenne pepper or dry mustard, and rub through a sieve. Trim off the crust of 2 slices of fresh bread and cut into neat shapes. Butter the slices and spread the ham between them. Pile on a plate or wrap in brown paper and place them in a basket.

London correspondent, William H. Russell for "The Times", made a container containing tea and packed sandwiches wrapped in brown paper, filled a flask with brandy, and then grabbed a bottle of light Bordeaux for his trip to cover the first battle of the Civil War.

Plain Cold Slaw

Plain Cold Slaw

Ingredients

1 large –firm head of green cabbage (10 cups coarsely shredded)
1 large washed shredded carrot
1/2 cup granulated sugar 1/4 cup cider vinegar 1 tablespoon cold water
1/2 teaspoon salt 1/2 teaspoon fresh ground black pepper Additional 1 tablespoon salt for soaking shredded cabbage

Select a large solid head of green cabbage with tightly packed leaves. Peel the outer leaves of the cabbage and discard.

Cut the cabbage head into quarters and remove the core. Coarsely shred the cabbage or rough chop. If the cabbage is shredded too fine, it will become dry.

Place the shredded cabbage in a large bowl. Pour boiling water over the shredded cabbage just enough to cover it. Sprinkle the additional 1 tablespoon salt over the cabbage.

Let the cabbage stand in the water for 1 hour. The cabbage will not be cooked. Don’t overlook this step; it enhances the flavor. Drain well in a colander and proceed with the recipe.

Add the shredded carrot to the drained cabbage. Mix the vinegar, cold water, sugar, 1/2 teaspoon salt and pepper together. Pour over the cabbage and carrot mix.

This is nice served in the center of a platter with fried oysters around it.

Homemade Mayonnaise

Ingredients

2 large egg yolks, at room temperature 1 1/2 cups light olive oil or peanut oil 1 tablespoon cider vinegar 1 tablespoon fresh lemon juice 1 teaspoon dry mustard
1/2 teaspoon salt Dash cayenne pepper

Place vinegar, lemon juice, dry mustard and salt into a bowl; whisk until the mustard is incorporated.

Add the yolks and whisk continuously until the mixture is smooth.

Add the oil by degrees whisking continuously until the oil is incorporated. Add the cayenne pepper and mix well. The mayonnaise will keep about 1 week in the refrigerator.

Potato Salad

Potato Salad

Ingredients

10 large red potatoes (8 cups cooked) 1/2 cup finely chopped onion 1 tablespoon salt
1/2 teaspoon fresh ground black pepper Boiled Salad Dressing

Wash the potatoes in cold water; drain. Place them in a large stockpot with enough cold water to cover them. Cook the potatoes on medium heat until fork tender but before the skins burst. Cool the potatoes by running cold water over them in a colander. Peel the slightly cooled skins off the potatoes. Dice the cooked potatoes into one-half inch cubes.

Place the chopped onions into the bottom of a large bowl. Put the diced potatoes on top of the onions.

Add 1 1/2 to 2 cups prepared Boiled Salad Dressing to the potato salad. Mix well to incorporate. Serve immediately or refrigerate. Best if eaten the same day.

Boiled Salad Dressing

Ingredients

1/2 cup cider vinegar 1/3 cup water 3 tablespoons granulated sugar
2 tablespoons all-purpose flour
1 tablespoon dry mustard
1 teaspoon salt
1/2 teaspoon freshly ground black pepper 1/8 teaspoon cayenne pepper 1/2 cup heavy cream 2 tablespoons unsalted butter
4 large egg yolks, slightly beaten

Whisk the vinegar, water, sugar, flour, dry mustard, salt and peppers in a medium saucepan until smooth.

Place the pan over medium heat and bring to a simmer; whisking continuously. Add the heavy cream and unsalted butter; continue whisking until the butter has melted.

In a large bowl, have ready 4 slightly beaten egg yolks. Slowly stir in small amounts of the hot vinegar until it is incorporated into the egg yolks Pour the mixture back into the saucepan. Heat the mixture on medium-low and continue whisking until the sauce thickens. Do not boil. Transfer the Boiled Salad Dressing to a large bowl and cool uncovered until the dressing is room temperature.

Refrigerate covered if you are not incorporating the dressing into a recipe immediately.

The dressing is great for potato salad, chicken salad, lettuce salads and cold slaw.

The common size of an egg in the nineteenth century was medium; now it is large.

Deviled Eggs

Deviled Eggs

Boil 6 eggs hard. Drop the boiled eggs into cold water for a minute. Carefully remove the shells and cut them in half with a sharp knife lengthwise. Gently remove the yolks without breaking the egg whites. Place the yolks in a small bowl and mash them well. Mix them with a dash of pepper, salt, a tablespoon of olive oil, a teaspoon of vinegar and a little chopped pickle and parsley. Mold this into the whites. Put the two halves of the egg together and tie with baby ribbon.

In the nineteenth century, recipes were known as receipts.

Orange Cake with Orange Filling

Orange Cake with Orange Filling

Orange Filling

Ingredients

1/2 cup granulated sugar 3 tablespoons all-purpose flour
Zest from 1/2 orange 1/4 cup fresh orange juice 1/2 tablespoon fresh lemon juice 1 large egg, slightly beaten
1 tablespoon unsalted butter, at room temperature

Mix ingredients in order given. Cook 10-15 minutes in a double boiler; stirring constantly. Cool in a refrigerator. Spread filling over bottom half of cooled, baked cake.

Orange Cake

9-inch round cake pan, greased and floured
Parchment paper cut to fit the bottom of the pan
Wire-rack
Preheat oven to 375 degrees

1/4 cup unsalted butter, at room temperature 1 cup granulated sugar
2 large eggs, well beaten
1/2 cup whole milk 1 2/3 cups all-purpose flour 1 1/2 teaspoons homemade baking powder, sifted
In a large bowl, cream the butter, sugar, eggs well beaten, and milk. Add sifted homemade baking powder and flour to the sugar mixture. Pour batter into a greased, floured, and parchment lined 9-inch round cake pan. Bake at 375 degrees for 20-25 minutes or until a toothpick inserted comes out clean.
Place the cake on a wire rack to cool. After the cake has cooled, place the top of the rack over the top of the cake and invert. Slice the cake horizontally with a long sharp knife. Carefully remove the top half of the

cake onto a plate. Spread the orange filling over the top of the bottom half of the cooled cake. Place the top half of the cake on the bottom.

Orange Frosting

Note: Make Orange Frosting while cake is baking.

Zest of 1 orange
1 teaspoon good brandy
1/2 teaspoon fresh lemon juice 1 tablespoon fresh orange juice
1 large egg yolk, slightly beaten (if you don't want to use egg yolk, you can use a 2-inch piece of ripe banana) 2 cups confectioners' sugar or until the right consistency 2 tablespoons heavy cream
Candied Orange Slices

Add grated orange zest to brandy, lemon juice and the orange juice. Let it stand it a small bowl for 15 minutes. Use a fine strainer and strain the orange zest, fruit juices, and brandy mixture into another small bowl. Discard the grated rind.

Place the slightly beaten egg yolk in a medium glass bowl. Gradually add the fruit juices and brandy mixture to the eggs. Add the confectioners' sugar a little at a time until it is incorporated. Next, add the heavy cream. Stir until the ingredients are just mixed. Spread the top and sides of the cooled cake. Decorate with Candied Orange Slices. Refrigerate any leftovers.

After the completion of the meal, they decided to travel down the road toward Bull Run to get a closer view of the rousing Union victory. Congressman Ely's carriage collided with an army wagon damaging a wheel. His carriage was taken to a local blacksmith shop near Cub Run.

As Ely waited for the repairs to be completed the battle raged furiously. Both sides fought for possession of Henry Hill. Unfortunately for eighty-four year old invalid Mrs. Judith Carter Henry, the widow of Dr. Isaac Henry, her house was in direct line of artillery fire from both the Union and Confederate armies. Mrs. Henry received five wounds; dying two hours after the battle ended.

Congressman Ely and his driver kept traveling down the road a little toward Bull Run to see the Union victorious. After going a short distance, Ely told the driver to stop. He got out of the carriage and strolled toward a crowd of onlookers gathered under a grove of trees. Rifle bullets and cannonballs scattered branches and leaves causing Ely to take cover behind a huge trunk of a nearby tree. A company of infantry approached led by an officer on horseback. Ely, unsuspecting and not knowing the battle had ended in a Union defeat, was shocked to be confronted by the Confederates.

The Confederate soldiers were even more surprised to find their prisoner to be a United States Congressman. Ely would be the only one to reach the Confederate capital of Richmond, but it would be at the cost of prisoner of war.

As the regrouped rebels pressed the enemy, all sense of discipline left the Union forces. Teamsters and reserve troops had been assembled at the rear of the Union lines. When the Confederates appeared, they panicked and began a disorganized rush to get away, the sight of the wagons and horses in flight caused the reserve forces to join in shouting, "The Black Horse Cavalry are coming! The Black Horse Cavalry are coming!" However, most of the Union units engaged in the battle retreated in an orderly fashion; The "Great Skedaddle" had begun. The picnic crowd got caught in the middle, as they too were trying to escape the onslaught. The only way to retreat was across the stone bridge at Cub Run. A rebel battery found the range and poured shot and shell at the bridge. A wagon and carriage overturned, blocking the escape route.

The "Black Horse" cavalry escorted General Jackson during and after the battle. They took their name from their flag emblem, a black horse. Because

of their name, many mistakenly believed the company only had black horses. The unit became known after the battle as “The Terrible Blackhorse Cavalry” after they charged into the Union forces at the stone bridge, capturing many Union cannons along with a few of the congressmen and ladies who had come out to watch the battle.

Lieutenant Custer, along with the regulars of Company G, had been assigned to provide protection for an artillery battery. Their first action came as the battery was setting up on a ridge. Word came the Confederates would be attempting to overrun and capture the guns. Custer led the company up the hill, first drawing his pistol, then his saber, switching two or three times before they crested the ridge. They found the artillerists positioning the eleven guns, with no sign of the enemy. The men of Company G spent the rest of the battle protecting the battery, never seeing combat, much to Custer’s disappointment.

The unit remained calm and continued their job during the mad retreat. From their position they could see the escape route being blocked by the overturned wagons. Custer rode down and found another way to cross the stream and led the company across. The crowd of soldiers and civilians alike followed and the trek back to Washington continued.

• • •

The victorious Confederates found blankets, haversacks, lady’s kid gloves, green tea, loaf-sugar, and cartridge bags strewn along the road. There were many wagons abandoned full of food and supplies just waiting to be foraged. They threw down the tail gates to sit on and enjoy the cans of roast chicken, sweet biscuits, and wine.

BRIEF HISTORY OF VINEGAR AND SHRUBS

Vinegar history began around 5000 B.C. when Babylonians were using fruit of the date palm to make wine and vinegar. It was used as a pickling agent to preserve food and drink.

The benefit of adding vinegar to drinking waters is to kill infectious agents present. Throughout history, vinegar has been used as an antiseptic to clean wounds and speed the healing process. During the Civil War, apple cider was used for this purpose and continued through World War I.

During the renaissance period, the vinegar industry became popular in Europe due to many flavored vinegars made with spices, herbs, fruits and flowers. There were over one hundred varieties of infused vinegars.

Vinegar drinks were introduced to America by European settlers and became popular in America in the eighteenth century with the short growing season of fruits. The acid preservative in the vinegar was needed for preserving the freshness throughout the year. A little rum or whiskey was added to the beverage.

Vinegar should never be stored in metallic containers made from lead, iron or crystal glass. The vinegar and drinks were usually stored in stone covered jars. If a cork was used it was covered with rosin.

Rice Hope plantation in Moncks Corner, South Carolina, was founded in 1697 and was supposed to be the birthplace of “shrub”, a rum based drink with orange or lemon and pure sugar. The plantation was originally a Huger plantation. Harriott Pinckney Horry who wrote the first real cookbook in America was a relative.

The definition of “shrub” comes from the Arabic-meaning-drink and is related to “sharab” meaning syrup.

First Lady Martha Washington hosted an Ice Birthday party at Mount Vernon to honor President’s Day. She sat at the head of the table which served a six course meal beginning with Raspberry Shrub made with Moet Champagne.

George Washington was obsessed with his “ice house” where each winter his farm workers harvested ice from the Potomac River.

Ice was typically cut from rivers, lakes, and ponds in the winter and then

stored in caves or underground cellars. Food was often stored in containers in wells for a short time to keep cool.

In Colonial America, prior to the invention of refrigeration, popular drinks were mixed with cool water to quench thirst on a hot summer day.

In the early nineteenth century, most drinks did not include frosty glasses filled with ice. They usually used cool or cold water.

City Tavern in Philadelphia has served shrub since 1773 mixed with rum, champagne, or cognac. The Temperance Movement of the nineteenth century changed this and the rum was substituted with vinegar.

Lemons, oranges, elderberry, blackberry, raspberry and strawberries were some of the first fruits used in shrubs. If strawberries were used, the vinegar had to be poured over the fruit a second time to acquire the correct strength.

The yeast on the fruit and air turns the sugar into alcohol and the bacteria in unpasteurized vinegar. This stabilizes and doesn't turn the entire shrub into fruit vinegar.

For modern usage, the vinegar will eat away at the metal lids. Cover the sterilized jars with plastic wrap before adding the lids. Keep the jars in a cool, dry place for up to two weeks.

The shrub is a concentrated fruit drink similar to modern Kool-Aid and a pre-cursor to soda pop. It was also used as a mixer for alcohol.

In the nineteenth century, Oliver Wendell Holmes references shrub in his 1861 novel, Elsie Venner; A Romance of Destiny.

Note: *If you are a re-enactor, please use replica food-safe products.*

Raspberry Shrub

Raspberry Shrub

Ingredients

4 cups fresh ripe raspberries (about two pints)
2 cups cider vinegar
2 cups granulated sugar
Cold water
Sprig of fresh mint for garnish (optional)

Add the fresh raspberries to a large glass bowl or glass pitcher. Pour the cider vinegar over the raspberries. Cover the raspberry mixture tightly and refrigerate 3-4 days.

Strain the raspberry mixture into a medium saucepan; press the raspberries with the backside of a wooden spoon to release the fruit liquor.

Place a fine strainer over a bowl and strain the raspberry mixture; discard the fruit flesh. Pour the raspberry liquid back into the pan and stir in the sugar. Boil 2-3 minutes. Remove the raspberry liquid from the heat and cool. Store in a covered container.

Place into a clear glass. Mix 1/4 cup raspberry concentrate with 1 cup very cold water. Garnish with a fresh mint sprig and a few raspberries.

Raspberry Shrub and Lemonade were the most popular non-alcoholic drinks in the nineteenth century due to the "Temperance Movement". Raspberry and Strawberry Shrubs were also called Raspberry and Strawberry Vinegar.

Note: *For a modern version, add crushed ice.*

Soda Biscuits

Soda Biscuits

Preheat oven to 400 degrees

Ingredients

4 cups sifted all-purpose flour
1 teaspoon baking soda (dissolved in the milk) 2 teaspoons cream of tartar
1 teaspoon salt
1 tablespoon cold unsalted butter (cut into small pieces) 1 3/4 cups whole milk Quince Preserves

Whisk the flour, cream of tartar and salt together. With a pastry cutter, cut in small bits of cold butter until the mixture resembles coarse crumbs.

Whisk the baking soda into the milk. Add the milk to the flour mixture and mix until just combined.

Lightly flour your pastry board and your hands. Knead the flour mixture gently until it forms smooth dough.

Roll out the dough to 1/2 inch thickness. Cut circles with a 2 1/2 inch round biscuit cutter or the rim of a glass dipped in flour.

Bake the biscuits in a greased baking pan at a 400 degree preheated oven for approximately 15 minutes. Spread with Quince Preserves.

The road back to Washington became clogged with military and civilians. Men rode two to a horse, many of them being artillery animals. Soldiers threw off their packs and discarded their muskets. The civilians who stayed back towards Centreville had not panicked and avoided the retreat as much as possible.

The Confederacy had won the day, but they did not press on to Washington. Many would question why they stayed back. General Beauregard later stated in his official report that his troops suffered from exhaustion due to the hard-fought battle and the oppressive heat. Pursuing would be impossible until the following day. However, it rained hard all the next day, so they went back toward Richmond.

The lessons learned from the battle were many. Each side would adopt a basic uniform; the Union blue, the Confederates gray. The generals realized better training and more discipline would have to be implemented before they would do battle again. The wounded needed better medical care. Coordination between divisions would have to improve. Enlistments would have to be three years, not three months. Each side now knew the other was serious, with no quick ending likely.

Spyglasses

Chapter 2

THE PENINSULA CAMPAIGN/PENISNULAR CAMPAIGN AUGUST 1862

The Peninsula Campaign, also known as “The Peninsular Campaign”, began in March 1862. It was a major Union offensive operation from March through August of that year.

Major General George B. McClellan used amphibious transportation to try and capture the capitol of Richmond, Virginia. McClellan was unnerved by Confederate J.E.B. Stuart’s cavalry ride around the Union Army (June 13-15.) McClellan ordered Lieutenant George Armstrong Custer to oversee the use of hot-air balloons to spy on the Confederation. Custer ascended in one of three trips in a hot-air balloon to gather information about enemy troops. On the night of May 3rd, while Custer was observing the enemy, he detected the Confederates abandoning Yorktown and retreating up the Peninsula. Custer notified chief topographical engineer, Baldy Smith, who then telegraphed McClellan. McClellan ordered an advance. Custer was made captain during the campaign.

On June 15th, Stuart stopped at Edgewood Plantation in Charles City, Virginia for coffee. He was on his way to Richmond to warn General Lee of the Union’s strength.

The Edgewood Plantation was also home of the 1725 Benjamin Harris Grist Mill which provided corn for the Union and Confederate armies.

Major General McClellan planned to drive Major General John B. Magruder’s army from Richmond. The Union army would then be in control of Richmond, the railroad center, and the most important waterway ports. But when General Robert E. Lee changed the course of the Peninsula Campaign, the outcome ended with an embarrassing defeat for the Union.

Custer wore his famous navy sky-blue shirt with no stars his bugler found in a Navy ship in 1862. His bugler friend, Joe, who rode through the war with him, helped him choose his unique outfit and red tie.

Custer always carried a small bible in his saddlebag.

Custer's favorite beverage was Apple-Jack which is a strong alcoholic beverage produced from apples.

Fried Rabbit with Gravy

Fried Rabbit with Gravy

Ingredients

1 rabbit (cleaned, washed and cut up) 1/2 cup all-purpose flour 1/2 teaspoon salt 1/8 teaspoon fresh ground black pepper Unsalted butter and fresh lard to equal 1/4 inch in bottom of Dutch oven

Heat butter and lard in a large deep Dutch oven on medium heat. Mix the flour, salt and pepper in a large pie plate. Coat thicker pieces of the rabbit first and then brown pieces on both sides in 1/4 inch of the hot oil. Add the smaller pieces of rabbit and cook in the same manner. Reduce the heat and cover tightly. Cook the rabbit for 20-25 minutes or until tender; turning once. Remove the cover and brown 5 more minutes. Reserve 3 tablespoons butter and lard mixture plus drippings. Transfer the rabbit to a platter; cover with a cloth napkin to keep warm.

Gravy

3 tablespoons of the reserved unsalted butter and lard mixture and pan drippings 1 1/2 tablespoons all-purpose flour 1 1/2 to 2 cups whole milk or cream Salt

Fresh ground black pepper

Dash cayenne pepper (optional)

Place the reserved lard mixture and scrapings into the skillet and heat to medium. Add the flour and stir with a wooden spoon until browned. Slowly whisk in the milk or cream into the browned flour mixture and heat until the gravy thickens; stirring continuously. Salt and pepper the gravy to taste. If the gravy is too thick, add more milk or cream.

Pour the gravy over the fried rabbit. Garnish with fresh parsley.

Coffee can and beans

COFFEE

The desire to make coffee instantly by mixing a liquid to a dry concentrate with hot water goes back hundreds of years. The first American product was developed in 1853 and field tested (in cake form) during the Civil War.

Coffee was less scarce in the North than the South. The coffee ration was usually unroasted “green beans”. The coffee beans had to be pre-roasted and then ground; the soldiers had to learn to like their coffee black without cream and sugar.

The Union Army supplied good coffee which was often used to barter for tobacco from Southerners.

In 1861, the army switched to a concentrated proto-instant coffee. The new concoction was called “essence of coffee”, made by boiling prepared coffee, milk and sugar into a thick gloop which soldiers reconstituted by mixing with water. It came packed in tin cans, looked like axel grease and tasted about as bad. Before long it was removed from the rations.

No coffee substitute had been found to have the true flavor of coffee. Due to shortages and the price of coffee, substitutes were abundant.

Chicory was used as a substitute by poor classes or to improve flavor. Hotels in Richmond were not providing genuine coffee but rye substitutes.

Some of the more popular substitutes were roasted acorns, okra that were browned, dried sweet potatoes and carrots, wheat berries, chestnut and peanut coffee. Other substitutes included; barley, beans, beets, bran, cornmeal, cotton seeds, dandelions, peas, persimmons, rice, rye sorghum molasses, sugar cane seeds and watermelon seeds.

Corn Pudding

Corn Pudding

Preheat oven to 350 degrees

Ingredients

4 cups or 6 ears fresh sweet corn (husked and silk removed) 1 tablespoon unsalted butter, melted and slightly cooled 1 teaspoon salt 1 teaspoon granulated sugar 4 large eggs, well beaten 1 cup whole milk 3 tablespoons all-purpose flour

In a large bowl, add 4 cups fresh corn. Add the butter, salt, sugar and well beaten eggs. Stir with a wooden spoon. Add the milk and flour and stir until mixed. Pour into a 7.5 x 10.5 inch buttered baking dish. Bake for one hour in a 350 degree preheated oven or until a knife inserted in the middle comes out clean.

SUTLERS

A sutler is a civilian peddler who follows an army to sell goods and food to the soldiers.

Army regulations stated sutlers could be appointed as one for every regiment, corps or separate detachment with the approval from higher authority.

The sutler was a dry-goods dealer and sold regulation hats, cavalry boots, flannels, socks and suspenders. He was also a grocer and kept a well-stocked line of canned goods used mostly for officers' messes. Sutler pies were sold by the hundreds for twenty-five cents each.

Army quartermasters were authorized to obtain supplies from sutlers. Toward the end of the war, sutlers kept self-rising flour which they sold in packages of a few pounds.

MESS KIT

This particular mess kit is based after an original found in Georgia which would have been designed around 1861 or 1862. The kit would have been tied securely with the leather tong tie attached to the Confederate tin drum canteen. One side was removed, a stick was crafted to be placed in the spout, and the bottom was used as a plate. A two-prong fork accompanies the mess kit.

Mess Kit

Meals were carefully cooked in the pan over open fires at a low-heat being careful not to burn the handles. When it wasn't being used for cooking, rations were often stored inside.

Buckwheat Cakes

Buckwheat Cakes

Ingredients

1 cup all-purpose flour 1 cup buckwheat flour

1 teaspoon homemade baking powder 1 teaspoon baking soda 1/2 teaspoon salt 2 cups buttermilk

1 large egg, slightly beaten 1 1/2 tablespoons molasses 1 tablespoon lard, melted Additional melted oil for greasing the griddle

In a medium bowl, whisk together baking powder, soda, salt and flours.

In a large bowl, add the buttermilk, egg and slightly cooled melted lard. Add the molasses and whisk the ingredients together. Slowly add the flour mixture. Stir the ingredients with a wooden spoon just until the flour is incorporated. Don't over mix. Let the batter set for 5 minutes. Pour about 1/4 cup batter on to a medium-hot lightly greased griddle or cast-iron skillet. Cook until the edges look cooked and a few bubbles appear on top. Flip the cakes and cook on the other side. Lightly brush more oil on the pan as needed to cook the remainder of cakes. Serve up immediately with warm maple syrup and butter. This recipe makes approximately 10-12 cakes.

Sprinkle a few droplets of cold water onto the griddle to see if the pan is ready. If the droplets bounce on the pan, begin cooking your cakes.

Cornmeal Griddle Cakes

Cornmeal Griddle Cakes

Ingredients

1 1/3 cups yellow cornmeal 1 1/2 cups water 3/4 cup whole milk, more if needed for the desired consistency 1 tablespoon melted lard or unsalted butter 1 tablespoon molasses

2 large eggs, well beaten

2/3 cup sifted unbleached all-purpose flour 3/4 teaspoon salt 4 teaspoons homemade baking powder

Place a medium saucepan on a burner and heat water to boiling. Add the cornmeal and heat to scalding; just below the boiling point. Cool the cornmeal mixture to room temperature. Remove from heat and slowly pour in the milk, melted lard and molasses. Next add the beaten eggs.

Sift the flour and baking powder together into a large bowl. Add the cooked cornmeal mixture to the sifted flour ingredients; stir together quickly with a wooden spoon.

Test the griddle with a few drops of cold water. If the water droplets bounce, the griddle is ready. Pour the batter from a one-third measuring cup almost full onto the hot, greased griddle. Bake the cakes for approximately 3 minutes on the first side or until the tops are bubbly. Flip the cakes gently and cook for about 2 more minutes. The cakes should be approximately 3 1/2 inches in diameter. Serve immediately with butter and warm maple syrup.

This recipe makes about 12-14 cakes.

Scalded milk is milk heated to a point just below the simmer point.

THE ORPHAN BRIGADE

The Orphan Brigade was the name given to a group of military units from Kentucky to fight for the Confederate states.

Confederate Orphan boys cooking in the field

Kentucky was a border state (Union state) so any Kentuckian who wanted to fight for the Confederacy had to travel to Camps Boone and Burnett near Clarksville, Tennessee. The group was formed in October 1861.

Its original commander was Major General C. Breckinridge. He later became Vice-President of the United States.

The Orphan Brigade was the largest Confederate unit to be recruited from Kentucky. There are several theories as to the origin of the group, one being that it came about as General Braxton Bragg rode among the wounded and dead after the battle of Murfreesboro, Stones River, crying out, “My poor Orphans! “My poor Orphans!”

Preparing Johnny cakes; Johnny cakes cooked on a shovel

Provisions

Cold Coffee

Ingredients

1 quart fresh made coffee 1 pint whole milk 1/2 cup cream 4 tablespoons granulated sugar or desired amount

Mix the milk and cream slowly into the coffee and add sugar. Place the coffee back on the fire and let come to a boil. Cool the liquid and then add ice.

Cornmeal Mush

Cornmeal Mush

Ingredients

3 cups water for boiling 1 cup cornmeal 1 teaspoon salt ¼ cup all-purpose flour for dusting cold slices Bacon drippings or lard for frying

In a medium saucepan, bring the 3 cups water and salt to a rapid boil.

Carefully whisk the cornmeal into the boiling salted water, stirring continuously to prevent lumps. When bubbles begin forming, cover the pan and reduce the heat to simmer and cook for about 12-15 minutes or until the mixture is thickened; stirring occasionally.

May be served up with butter and sugar or poured into a small chilled loaf pan for Fried Cornmeal Mush.

Fried Cornmeal Mush

While cornmeal mixture is cooking, place some ice cubes into a loaf pan to chill or place the pan in the freezer. Remove the ice cubes and dry pan when cornmeal mixture is ready. Add the cornmeal mix to the cooled loaf pan and cool five more minutes on a wire rack. Cover with plastic wrap and chill overnight in the refrigerator.

The next day, slice the cornmeal mixture into 1/4 inch slices, dust with a bit of flour and fry on each side in bacon drippings or lard in a hot cast-iron skillet over medium heat until golden brown. Serve with pure maple syrup and warm butter.

Note: *This recipe can be doubled or tripled and made ahead to take to re-enactor events to fry.*

Confederate battery flag

Chapter 3

BATTLE OF SEVEN PINES AND FAIR OAKS, JUNE 1862

General Stonewall Jackson ordered his army to get into position on August 16th, 1862 and to strike early on the 17th. General Longstreet objected. Longstreet wanted more time for his commissary to bake bread for the journey. Jackson told Longstreet he would give him enough biscuits for the march, but that didn't appease Longstreet.

Jackson ordered his men to cook enough rations for three days. Not allowing enough time for all the men to prepare their rations, they had to resort to eating apples from orchards and green corn. Jackson's men captured Union supplies. One Confederate soldier foraged twenty boxes of cigars, another canned fruits. One private hung a string of shoes he confiscated around his neck. A great bounty of coffee was foraged by another soldier, but the best bounty was a haversack full of French mustard. The soldier traded his bounty for meat and bread throughout the rest of the campaign.

Mustard can

Soldiers often shared rations while on campaign. Each man would prepare his own meal to his specific taste. A common dinner might be salted pork sliced over hardtack. Union soldiers invented Hardtack Pudding.

Haversacks: Union on the left; Confederate on the right

HAVERSACK

The U. S. Army haversacks, also referred to as a “bread bag”, were well made, waterproof and in great demand. They were hand painted canvas with a detachable cotton bag on the inside which could be removed and washed.

Haversacks were worn over the right shoulder and would rest on the left hip.

The haversack was used to carry rations, tobacco, paper, personal items, extra packages of ammunitions and a “housewife”. A housewife contained thread, material, buttons and a needle to repair or mend tears and replace buttons on uniforms.

The Confederate haversack was usually made of cotton duck and buttoned at the flap. Occasionally there was a separate bag buttoned on the inside. Cotton duck wouldn’t keep provisions dry so a waterproof haversack was more desirable.

Confederate soldiers prized the Union soldier’s haversack if they could capture one.

Fried Apples Extra-Nice

Fried Apples Extra-Nice

Ingredients

Granny Smith apples or any sour apples, washed and cored ²/₃ cup homemade brown sugar ¼ teaspoon freshly grated nutmeg 4 tablespoons unsalted butter, melted

Slice the apples ¼ inch thick. Heat the butter in a cast-iron skillet on medium or on an open fire. Do not burn the butter. Add the sliced apples and cook on one side for 5 minutes. Carefully turn the sliced apples and add the brown sugar and nutmeg. Cook for about 6 more minutes or until desired tenderness. Serve immediately.

This is delightful by itself or over ice cream.

Pioneer women often served pies with every meal and apple-pie was enjoyed all year.

Apple Fritters

Apple Fritters

Ingredients

Lard
1 cup whole milk, warmed slightly
2 cups all-purpose flour
1 teaspoon homemade baking powder
2 large eggs separated (whites and yolks slightly beaten in separate bowls)
1 teaspoon granulated sugar
1/8 teaspoon salt
1 1/2 cups sour apples (washed, peeled, cored and chopped)
Maple syrup

Add enough good lard to a Dutch oven to equal 3-inches deep. Heat the lard to 370 degrees.

In the meantime, heat the milk in a small saucepan until it is lukewarm. Prepare a large bowl with the beaten egg yolks and sugar creamed together. Add the warm milk.

Whisk the flour, salt and baking powder together in a medium bowl. Slowly add this to the milk mixture. Next, add the beaten egg whites. Fold in the chopped apples until they are incorporated.

Drop by a large spoonful into the deep hot lard. Don't add too many fritters to the hot lard or it will cool down and might boil over the top.

After the fritters float to the top and are golden brown on one side, flip them over carefully with a fork. When the fritters are golden brown on both sides, remove them with a slotted spoon. Place on a cloth napkin to drain. Serve warm with maple syrup.

The recipe can be made on an open fire or on the stove. The apples can be substituted with bananas, sliced peaches or other fruits.

Applesauce

Applesauce

Ingredients

8 cups good cooking apples (washed, pared and cored) 1/2 cup water 1 teaspoon fresh lemon zest 2 tablespoons homemade brown sugar 1 tablespoon unsalted butter 1/2 freshly grated nutmeg

Wash, pare, core and slice apples. Place them in a large saucepan with 1/2 cup water to keep them from burning. Add the lemon zest. Stew the apples until quite soft and tender. Mash the apple mixture. Add the brown sugar, butter and nutmeg. Mash the applesauce one more time. Serve immediately or store in the refrigerator.

This recipe makes approximately 3 cups of applesauce.

Cider Cake

Cider Cake

Preheat oven to 350 degrees

Ingredients

3/4 cup unsalted butter, at room temperature 1 1/2 cups granulated sugar 3 large eggs beaten, at room temperature

1 cup good fresh apple cider, at room temperature 3 cups all-purpose flour, sifted

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon freshly grated nutmeg 1/8 teaspoon ground cloves

Turn a burner on to high heat, nutmeg and cloves together in a medium bowl.

In a large bowl, cream sugar and butter together with a wooden spoon. Add beaten eggs and mix together thoroughly.

Add flour and apple cider alternately until incorporated into the creamed sugar mixture.

Divide the batter into two buttered and floured 8-inch cake pans.

Bake in a preheated oven for approximately 30 minutes or until a toothpick inserted in the middle comes out clean. Cool on a wire rack.

Caramel Icing

Ingredients

1 cup homemade brown sugar, packed
1 cup granulated sugar
1/2 cup whole milk 1/2 cup unsalted butter 1 teaspoon vanilla

Turn a burner on to high heat (bottom lined with parchment paper)

Filling

12 cups peeled, cored and thinly sliced apples 1 cup peeled, cored and thinly sliced quince or (2 tablespoons quince preserves) 2/3 cup homemade brown sugar 1 teaspoon grated lemon zest
1/4 cup Rose Water or juice from 2 lemons 3 ounces raisins

Mix above ingredients together and let set for a few minutes.

Additional Filling Ingredients

1 freshly grated nutmeg
1/3 cup all-purpose flour 1/4 cup unsalted cold butter, cut into small pieces
Next, stir the nutmeg and flour into the pie mixture. Place the mixture on the crust.
Dot the pie ingredients with the cold butter pieces. Fold crust over like a dumpling. If your crust tears, use some beaten egg yolk and brush on the torn area; gently press the areas together.

Topping Ingredients

1/4 cup homemade brown sugar 2 tablespoons cold unsalted butter

Mix the ingredients together at. Combine brown sugar, granulated sugar,

milk, and butter in a medium saucepan. Bring the mixture to boiling and boil for 1 minute; stirring continuously. Remove the saucepan from the heat and pour into heat-safe bowl. Beat the mixture until it reaches a spreadable mixture, approximately 15 minutes. Add the vanilla and ice your cakes. If the mixture is too thick, add a scant more milk.

Frosts two 8-inch round cakes.

Dutch-oven Apple Cake

Dutch-oven Apple Cake

If using an oven, preheat to 350 degrees
Prepared fire-pit

Ingredients

Unbaked 17-inch pie crust

Place an unbaked 17-inch round pie crust into a large Dutch oven (bottom lined with parchment paper)

Filling

12 cups peeled, cored and thinly sliced apples 1 cup peeled, cored and thinly sliced quince or (2 tablespoons quince preserves) 2/3 cup homemade brown sugar 1 teaspoon grated lemon zest
1/4 cup Rose Water or juice from 2 lemons 3 ounces raisins

Mix above ingredients together and let set for a few minutes.

Additional Filling Ingredients

1 freshly grated nutmeg
1/3 cup all-purpose flour 1/4 cup unsalted cold butter, cut into small pieces
Next, stir the nutmeg and flour into the pie mixture. Place the mixture on the crust.
Dot the pie ingredients with the cold butter pieces. Fold crust over like a dumpling. If your crust tears, use some beaten egg yolk and brush on the torn area; gently press the areas together.

Topping Ingredients

1/4 cup homemade brown sugar 2 tablespoons cold unsalted butter

Mix the ingredients together and baste the top of the cake. Save the remainder of the topping for basting the top of cake periodically. Rotate lid of cake one-quarter turn and at the same time, rotate the bottom one-quarter turn in the opposite direction. Be careful not to get your Dutch oven too hot or the cake will burn. Don’t let coals fall into your cake batter when removing the lid.

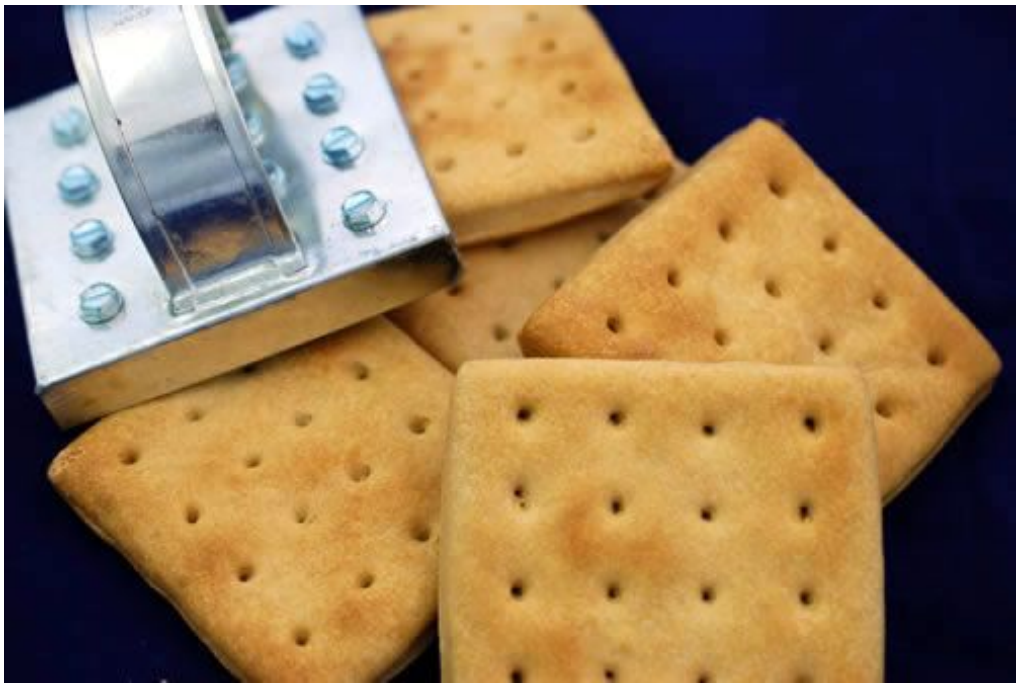
Oven

Make as for Dutch oven. Preheat the lid. Bake at 350 degrees for 2-3 hours. Rotate the lid and bottom. Invert onto a plate after the cake is done. Place a pan on the lower rack of your oven to catch any spills. You can put a piece of parchment paper in the bottom of the Dutch oven to make removal of pie easier.

OVERVIEW OF HARDTACK

Hardtack is also known as ship’s biscuit, sea biscuit, pilot bread, sea bread, pejoratively dog biscuit, tooth dwellers, sheet iron crackers and molar breakers. It is a simple cracker or biscuit made from flour and water only (unleavened and unsalted).

Christopher Columbus took unleavened bread with him on his journeys.



Hardtack

The inexpensive baked cracker would keep for years if stored properly. It was taken on long voyages, with explorers, pioneers and on military campaigns.

During the Civil War (1861-1865), both the Northern and Southern soldiers were issued one pound of hardtack as part of their rations.

Soldiers often complained that the hardtack was moldy or infested with weevils, worms, or maggots. The soldiers tapped their biscuits to knock out most of the weevils. If they had time, they dunked their hardtack in hot water or coffee and waited for the bugs to float to the top and then skimmed them off.

The soldiers often broke up the hardtack with a rock or a rifle butt. The cracker was then mixed with coffee or bacon grease making it soggy; calling this Skillygalee or Coosh. The soldiers often placed the hard cracker in their cheeks and softened it with saliva until it could be chewed or swallowed.

The crackers were first called hardtack by the Union Army of the Potomac and referred to as hard bread by the armies of the west.

Extra haversack (for dog robbers/forages.) A "dog robber" is a Civil War term for a member of the mess who does cooking/foraging.

Hardtack

Hardtack template

Cardboard
Ice pick or skewer Ruler and pen
Measure a rectangular shape 2 7/8 x 3 1/8 inches. Punch four rows of four in the middle of your template with your ice pick. Cut out the rectangular shape. You should have a total of 16 evenly spaced holes.

Preparation

Preheat oven to 325 degrees

2 large ungreased cookie sheets, slightly dusted with flour 1 large bowl and 1 small bowl Rolling pin
Skewer

Wash your hands thoroughly before you begin. Place your dusted cookie sheets and extra bowl of flour near your clean work surface.

Ingredients

6 cups of unbleached flour 1 cup water
Extra flour

Mix flour and water in a large bowl with your very clean, lightly floured hands until the gooey mess doesn't stick. Do not put anything on your hands other than the flour.

Have the extra flour in a medium bowl near your work surface. Add extra flour if needed.

Dust your work surface and hands with the flour. Take the gooey dough from the large bowl and place it on the floured surface. Roll the dough out to about 1/2 inch thick. Cut into rectangular squares with template. Poke the

skewer into the holes. Turn the rectangular dough over and repeat the process. Place on dusted cookie sheets 3/4 inch apart. The crackers will rise slightly and you need room to flip them over.

Bake in a preheated 325 degree oven for 30 minutes; turn the crackers over and bake for another 30 minutes. Check to see if the hardtack is cooked completely. Turn the oven off and let the crackers cool in the oven. Remove the crackers to a wire rack and let set on the counter overnight. Store in a covered container. Do not store hardtack in plastic bags or the refrigerator.

Tea Set

Green Tea

Tea pot

Ingredient

2 teaspoons organic loose green tea

Scald the teapot and add one-half pint boiling water to 2 teaspoons of the best organic green tea. Set it where it will keep hot, but not boil. When it has drawn 15-20 minutes, add boiling water till it has the strength desired.

Salt pork and beans on the fire / Grilled Salt Pork and Beans

Grilled Salt Pork

Toaster forks or branches trimmed to a point at one end

1 brisk fire

Ingredients

1 pound salt pork, thinly sliced 1 cup cold water per soldier

Stick a piece of salt pork on the end of your toaster fork or trimmed branch. Hold it near the fire or over the fire carefully. Periodically immerse the salt pork in the cool water to remove the superfluous fat and render it more delicate. Put each cooked slice in a pan and cover to keep warm until all the salt pork is cooked. Serve warm.

The salt pork goes great with a pan of beans.

Medical Tent

Chapter 4

MEDICAL IN THE CIVIL WAR

Medicine in the Civil War became important due to treating thousands of wounded and dying soldiers. At the time, the medical units had no idea how to sterilize equipment, therefore germs were widely spread. Toward the end of the war, the medical professionals had discovered how to sterilize.

2-drawer Medical Tools

3-drawer Medical Tools

Parched grains were quite popular during the Civil War. Late in the war surgeons believed wounded Confederate soldiers who lived almost entirely on roasted ears of corn, parched corn, and corn meal were cured quicker and rarely died of gangrene. It was just the reverse for the Union wounded soldiers who ate salted meats and stale breads for rations.

Tea bark from dogwood trees was used as quinine substitute. Whiskey was used to keep wounded soldiers from going into shock.

John Hay Terrill reduced the smallpox death rate for Civil War prisoners of war from 90% to 5% simply by giving them uncooked sauerkraut which acted like probiotics.

In the hospital, gingerbread was often given to the wounded for nourishment because it is easy to digest.

Walt Whitman began volunteering in Washington D.C. hospitals in 1862. He visited army hospitals daily bringing much needed provisions. He carried a haversack full of crackers, peaches, preserves, tea, oysters, and other luxuries.

Battlefield Nurse

Annie Wittenmyer was at the forefront improving sanitary conditions of wounded soldiers. She was appalled at what wounded soldiers were being fed. With not many provisions, the soldiers ate greasy bacon, beans, and hardtack. Annie was put in charge of Union hospital kitchens where her priority was getting good food for the sick and wounded soldiers.

Medical Unit

The only way to keep your health is to eat what you don't want, drink what you like, and do what you'd rather not. The average heart specialist can usually check the condition of his patient's heart simply by sending him a bill.—Mark Twain

General Stonewall Jackson sucked on lemons to treat his dyspepsia.

Nurses tending to soldiers on the field

Flaxseed Lemonade

Pour one quart of boiling water over 4 tablespoons of whole flaxseed; steep 3 hours and strain the flaxseed from the boiling water.

Add the juice of 2 lemons to the strained flaxseed water and sweeten with honey. If the liquid is too thick, add a bit more water.

This is soothing for colds.

Applesauce Cookies

Preheat oven to 375 degrees

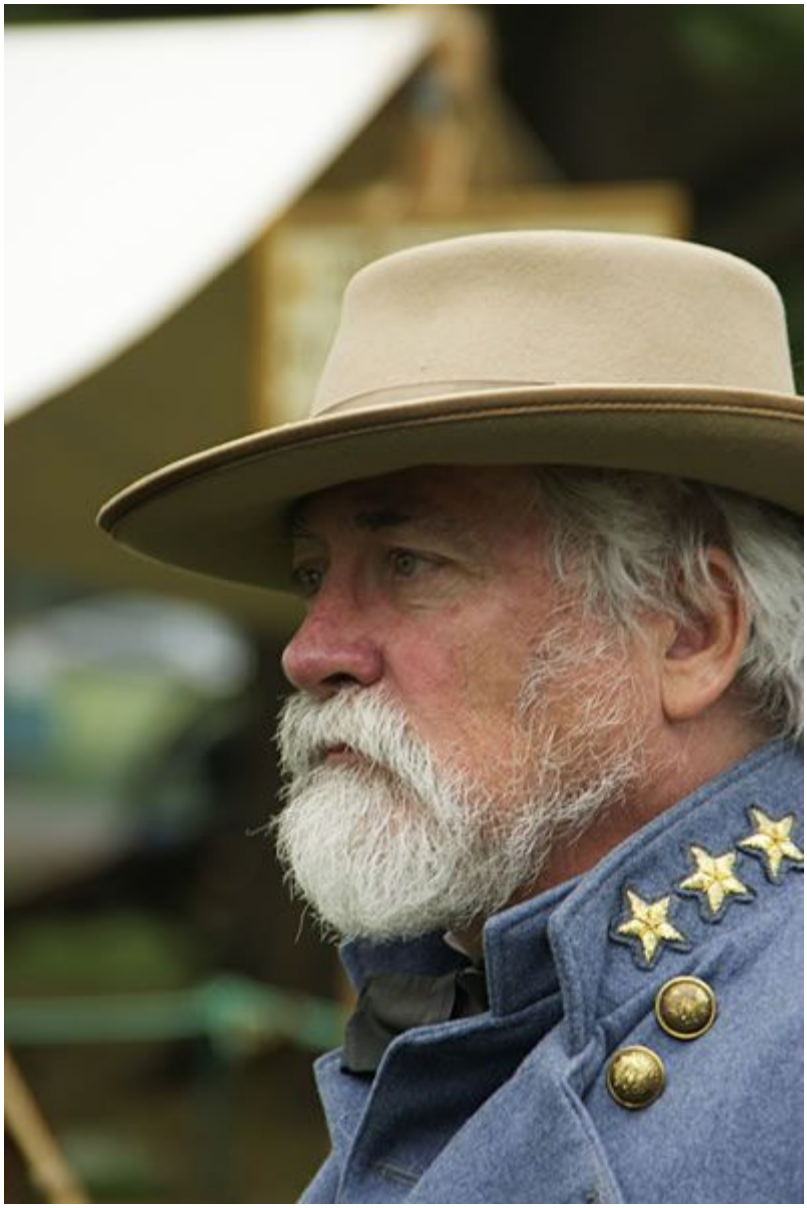
Ingredients

6 cups sifted all-purpose flour 1 teaspoon baking soda

2 teaspoons homemade baking powder ½ teaspoon salt 2 teaspoons freshly ground nutmeg 2 ¼ cups granulated sugar 1 ⅓ cup unsalted butter 3 large eggs, slightly beaten 2 teaspoons good vanilla

1 cup fresh unsweetened applesauce

Cream the shortening, sugar, eggs and vanilla together in a large bowl. Add the applesauce to the creamed mixture and mix well. In another bowl, sift together the flour, salt, baking powder, baking soda and nutmeg. Add the sifted ingredients to the applesauce mixture and mix well. Using a tablespoon of the cookie mixture, drop the dough onto a greased cookie sheet about two inches apart. Flatten each cook slightly and sprinkle with a bit of sugar. Place cookies in a preheated 375 degree oven for 10-12 minutes or until slightly golden. (The cookies will not turn brown). Cool on wire racks.



General Robert E. Lee

Chapter 5

THE BATTLE OF ANTIETAM, SEPTEMBER 1862

The Battle of Antietam was General Robert E. Lee's first attempt to fight in Union territory. On September 5th, 1862, Lee crossed the Potomac River into Maryland following the second battle of Manassas. Lee's men were hungry, tired, and lived off of the land for more than two weeks. Lee was more determined than ever to lure General George McClellan away from the Union capitol and force him to battle at a place of his choosing.

Sending General Stonewall Jackson south, Lee continued toward Hagerstown, Maryland. Fortunate for the Union, a soldier came upon three cigars wrapped with a piece of paper. The soldier thought himself lucky to be able to have three cigars to enjoy. But to his amazement, the paper the cigars were wrapped in would be much more interesting.

Cigars wrapped in brown paper

The Union soldier had found Lee's Special Order 191. The order detailed plans of The Army of Northern Virginia's plan to attack Harper's Ferry. The paper made its way up the chain to the Union commander of the Army of the Potomac, General George B. McClellan.

The Union men of the Army of the Potomac arrived on the fields of Antietam well nourished. They had received three pounds of rations for each day. The army brought more than 3,000 wagons of supplies on the march to Antietam, but that wouldn't be enough. Both the Union and Confederate soldiers had stripped the land from most of its food source.

To compensate the local farmers, Lee wanted to give them time to harvest crops to feed the locals through the winter.

General Robert E. Lee's family suffered while he was away at war. Due to all the shortages, Mrs. Lee's family survived on ¼ pound of bacon and ½ pint of meal per day.

Lamb or Mutton Chops

Lamb or Mutton Chops

Ingredients

Mutton or lamb chops Unsalted butter Salt and fresh ground pepper to taste

Have the grid-iron or cast-iron hot. Place the chops on the hot pan or grid-iron turning them half way. Season the lamb chops with salt, pepper and butter as you work. When done, remove them to a hot dish and add more butter.

Hashed Mutton with Mushrooms

Hashed Mutton with Mushrooms

Ingredients

1 pound thin sliced lamb, fat and skin removed 1 cup all-purpose flour
1/2 teaspoon salt 1/4 teaspoon fresh ground black pepper 6 tablespoons unsalted butter 1 cup fresh sliced mushrooms

Gravy

3 tablespoons all-purpose flour 2 tablespoons unsalted butter 2 cups whole milk
1/2 teaspoon salt 1/4 teaspoon fresh ground black pepper

Toast

6 slices of white bread for the platter, cut diagonally

Garnish

1 small bunch of parsley

Mix flour, salt and pepper in a pie plate. Dredge both sides of lamb in the flour mixture.

Heat a cast-iron skillet on a medium flame. Add 2 tablespoons butter. Add slices of dredged lamb, being careful not to overcrowd the skillet. Add more butter as needed. Brown lamb on both sides and place on a warm platter; cover with a cloth napkin until all meat is browned.

Turn the heat down to low. Add the sliced mushrooms, stirring with a wooden spoon. Remove to platter with meat.

Add 2 tablespoons of butter and the flour to the skillet. Cook over medium heat whisking constantly until browned. Whisk in the milk, salt and pepper. Bring to a boil, continue to whisk the gravy. Turn the heat on simmer and cook until the gravy thickens; stirring constantly with a wooden

spoon.

Place the lamb and mushrooms in the pan and simmer for 10 minutes. Center the lamb and gravy in the middle of a warm platter. Place toast around the edges and garnish with parsley. Serve hot.

Fried Parsnips

Fried Parsnips

Ingredients

6 parsnips (washed, peeled and quartered lengthwise)

1/2 cup all-purpose flour 1/2 teaspoon salt 1/8 teaspoon fresh ground black pepper 1/4 cup unsalted butter, melted 1/4 cup lard, melted

Place the parsnips in a large osaucepan with just enough water to cover them. Boil the parsnips for 10 minutes or until tender in the center. Drain and pat dry.

Melt the butter and lard over medium heat being careful not to burn it.

In a large pie pan combine the flour, salt and pepper. Dip the parsnips in the heated butter and lard mixture and then dip a few at a time in the flour mixture.

Heat the remaining butter and lard on medium-high. When it begins to sizzle, add the buttered, floured parsnips. Fry the parsnips until a golden brown on all sides turning occasionally. Serve hot.

Pork Apple Pie

Pork Apple Pie

Preheat oven to 375 degrees

Ingredients

Unbaked 9-inch double pie crust

6 cups green apples (7-8 apples washed, peeled, cored and sliced thin) 1/2 pound salt pork, rind removed (cut into 1/2 inch piecess) 3/4 cup granulated sugar 2 tablespoons all-purpose flour

1/4 teaspoon ground cinnamon 1/2 teaspoon freshly grated nutmeg

Fry the salt pork in a small cast-iron skillet until lightly browned. Drain and cool on a cloth napkin. Line a 9-inch pie plate with a pastry sheet.

In a medium bowl, whisk together sugar, flour, cinnamon and nutmeg.

Spread some of the cooked salt pork on the bottom of an unbaked crust. Add a layer of apple slices. Sprinkle some of the sugar mixture over this layer. Repeat process until all ingredients are used. Top with a pastry crust and seal edges with water or egg yolk. Cut slits in the middle of the top crust to vent. Bake at 375 degrees for 1 hour. Cool on a wire rack.

Note: *Salt pork is extremely salty so use a bit less if you prefer.*

First Rate Western Stew

First Rate Western Stew

Ingredients

3 pounds lean lamb stew meat (cut into 1-inch pieces and fat removed) 1 medium onion, rough chopped

5 pounds white potatoes (washed, peeled and quartered) 1 1/2 teaspoons salt 1/2 teaspoon fresh ground black pepper 1/4 cup olive oil 3 cups water

2 tablespoons fresh chopped parsley

1 to 2 bay leaves

1 tablespoon chopped fresh thyme leaves 1/2 teaspoon chopped fresh basil 2 tablespoons chopped fresh parsley for garnish 3/4 cup Tomato Catsup

Season the meat with salt and pepper. Heat a 12 quart stockpot on medium heat and add the oil. Lightly brown the lamb in small batches. Set the browned lamb aside until all the meat is browned. Return the lamb to the kettle and add the onion, water, parsley, bay leaf, thyme and basil. Place the potatoes on top and bring to a simmer. Cover and cook for 1 1/2 to 2 hours or until the lamb is fork tender.

Remove the bay leaf. Add the Tomato Catsup and bring to a boil. Garnish with parsley and serve hot.

Tomato Catsup

Tomato Catsup

Ingredients

2 pounds very-ripe tomatoes (4-5 large tomatoes) peeled, cored, seeded and chopped 1/2 large onion, finely chopped 1/3 cup cider vinegar

1 1/2 tablespoons homemade brown sugar 1/2 teaspoon salt

1/2 teaspoon dry mustard 1/2 teaspoon ground cinnamon 1/4 teaspoon ground allspice 1/4 teaspoon fresh ground black pepper 1/8 teaspoon ground cloves 1/8 teaspoon cayenne pepper

Combine all the ingredients in a large saucepan. Bring to a boil, and then heat to a medium-low. Simmer partially covered for approximately one hour or until sauce has thickened. Stir the catsup often to prevent burning. Adjust seasonings to taste. The catsup should be in the consistency of thick tomato sauce. Tomato catsup thickens slightly as it cools. Use immediately or place in the refrigerator. The catsup can be canned; follow canning instructions. The recipe makes approximately 1 1/2 pints.

Union soldiers cross

Chapter 6

BATTLE OF FREDERICKSBURG, DECEMBER 13, 1862

The Battle of Fredericksburg proved cold and it rained with a mix of snow turning the roads to mud.

A defeat looked imminent for the Union. They moved quickly down the Rappahannock to cross the river at three separate locations to build a pontoon bridge.

Pipe and Tobacco

The Union rations consisted of hardtack, meat and coffee. Confederate soldiers engaged in illicit commerce across the Rappahannock River. On the north bank, Union pickets launched a shingle fitted with a paper sail laden with a cargo of coffee. After the vessel reached the opposite bank, the Confederate soldiers returned the vessel with good Southern tobacco.

Jars, Shoes and Beans

Just as corn bread had its differences between Northern and Southern recipes, so did baked beans. Southerners preferred their dish with pork chops while Northerners preferred lamb chops. Other than the meat, the recipes were identical.

General Lee stated his soldiers loved Atlanta baked beans so much that all he would have to do to keep his men happy was to feed them beans three times a day.

Boston baked beans refers to Northern recipes.

A delay in building the bridge proved to General Lee's advantage. Lee moved his troops along Mary's Heights. The Confederate troops retained command of a sunken road surrounded by a stone wall. On December 13th, General Ambrose Burnside attacked the Confederate lines. There were sixteen attempts made against the stone wall with no success.

On December 16th, a truce was called by both the Union and Confederates to retrieve the frozen wounded and dead.

Soldiers began playing cards and singing. Trading for Southern tobacco resumed. Union troops set up winter quarters across the Rappahannock River.

Playing Cards

Saratoga Potatoes

Saratoga Potatoes

Ingredients

4 large uniform white potatoes, sliced very thin
Lard
Salt and pepper

Wash the potatoes. Cut them into very thin slices in a slaw cutter. Let the sliced potatoes stand in cold water while preparing breakfast.

Take a handful of the potato slices out of the water at a time; this is so they don't turn brown. Squeeze the water out of them and then dry with a cloth napkin or towel. Separate the slices and drop a few at a time into the Dutch oven with the hot lard; filled only half way. Approximately 6-8 slices will do. Beware that if you put too many potato slices into the hot lard, it will boil over or cool down the oil.

Stir with a fork to keep the potato slices from sticking together. When they are a light-brown, remove the slices with a wire slotted spoon. Drain well on a clean cloth napkin; then season lightly with salt and pepper. These are nice served cold or hot.

Soldiers often named their winter quarters after well-known restaurants or hotels such as "Madigan's Oyster House".

Boston Baked Beans

Boston Baked Beans

Preheat oven to 300 degrees

Ingredients

1 (16 ounce) package dried navy or small white beans
8 ounces salt pork (cut into 1/2 inch pieces)
1/4 cup homemade brown sugar
1/3 cup molasses
1 teaspoon dry mustard
1 teaspoon salt
1/4 teaspoon fresh ground black pepper
1/2 cup finely diced onion
1/2 teaspoon baking soda (for 1st parboil)

Soak the beans covered in cold water overnight. Rinse the beans in cold water in the morning. Parboil the beans approximately 10 minutes with the 1/4 teaspoon baking soda.

Next, rinse the parboiled beans with cold water to remove the baking soda. Parboil a second time for 10 minutes. Drain the beans in a colander over a bowl. Reserve the hot bean liquid for later use.

Place half the salt pork and half the diced onions on the bottom of the cast-iron oven.

In another pan, heat the molasses, brown sugar, salt, pepper and the dry ingredients together. Add the heated ingredients to the drained beans. Pour the bean mixture slowly over the salt pork and diced onions.

Next, add the remainder of the salt pork and diced onions to the top of the beans. Pour reserved liquid over the beans carefully until it just covers the beans.

Place the covered Dutch oven in the preheated 300 degree oven for 6-8 hours; add hot water as necessary to keep the beans from drying out.

Approximately 1 hour before the beans are cooked to desired doneness, stop adding liquid so the beans can thicken. Serve with Boston Brown

Bread. This recipe can be done on an open fire.

General Grant considered onions to be vital to his mess and the health of his troops. He said he wouldn't move his men without them.

Replica 19th century bean pot

Boston Brown Bread

Boston Brown Bread

Ingredients

(2) 28 ounce cans for molds 1 cup rye-meal
1 cup granulated cornmeal 1 cup graham flour
2 cups homemade buttermilk 3/4 tablespoon baking soda 1 teaspoon salt
3/4 cup molasses

Sift dry ingredients together in a large bowl. Add the molasses and milk; stir until well mixed. Spoon the batter into a well-buttered mold and steam 3 1/2 hours. The cover should be buttered before being placed on the mold, and then tied down with cooking twine; otherwise the bread in rising might force off the cover. The mold should never be filled more than two-thirds full. A melon-mold or one pound baking powder boxes make the most attractive-shaped loaves, but a 5 pound lard pail answers the purpose.

For steaming, place a mold on a trivet in a kettle containing boiling water. The water should only come half-way up around the mold. Cover the bread mixture tightly and steam. Add more boiled water to the pan as needed. The water should boil at a low to medium-low heat for 3 1/2 hours.

For the cover of the mold, you may butter both sides of a piece of cloth or other cooking aids. Do not let water get under the cover or it will ruin your bread.

During the Civil War, the North generally named a battle after the closest river, stream or creek and the South tended to name battles after towns or railroads.

Bean Soup

Bean Soup

Ingredients

Good soup bone with meat 2 quarts water

2 cups dried white beans 6 to 8 cups cold water

3 potatoes, cleaned and cubed ½ turnip, cleaned and cubed 1 parsnip, scraped clean and sliced fine 2 teaspoons salt

1 teaspoonful fresh ground black pepper

Rinse and sort the beans to remove any rocks. Add 2 cups beans to a large stockpot and soak in 6-8 cups cold water overnight. Drain the beans in a colander and then rinse in cold water.

Cook a good soup bone in 2 quarts water until the meat can be separated from the bone. Remove the bone and add the meat back to the water. Add the drained beans and boil for one and a half hours. Add potatoes, half a turnip and parsnip sliced fine to the beans. Boil all the ingredients for a half hour longer. Salt and pepper the beans. Do not add the salt before this stage. Serve with croutons.

If you salt your beans early they will be tough. Add the salt to the pot of beans just before serving.

Pig roasting on a fire

Chapter 7

BATTLE OF KELLEY'S FORD, MARCH 17, 1863

The Army of the Potomac, Tuesday March 17, 1863, St. Patrick's Day, The Irish Brigade celebrated in the usual royal manner. St. Patrick is the patron saint of Ireland. He was born in Britain but spent six years in captivity. He became a devout Christian during his captivity and after escaping, dreamed of returning to Ireland to become a missionary.

St. Patrick was ordained as a priest and returned to convert the Irish and minister to Christians.

Irish immigrants arrived in the United States by the thousands in the nineteenth century. During the Civil War years only two St. Patrick's Day Parades were held; one in 1862 and another in 1865.

In New Haven 1861, hundreds of Irish men volunteered when President Abraham Lincoln called for men to serve their country. They joined several regiments; one of which was called the Irish Regiment.

In 1862, the Civil War provided an occasion for Irish immigrants to prove their citizenry. During the fall and winter, Thomas Meagher organized the Irish Brigade.

Tuesday, March 17, 1863, the Irish Brigade celebrated St. Patrick's Day.

General Meagher believed the morale of the troops would benefit by a celebration of St. Patrick's Day. Preparations for the celebration were grand. Speaker stands were erected for speeches which would be given by honored guests. At one o'clock in the morning the ball began. The drums and music startled soldiers in encampments for miles.

General Meagher's quarters were decked with Irish and American flags. Among the officers and soldiers who were guests and speakers for the festivities were General Hooker, General Sickles, General Sedgwick, and General Butterfield.

Heap Farm Civil War

Horse racing, vaulting, foot-races, wheelbarrow races, and wrestling matches; the finale would be a grand Irish Brigade steeple chase for a greased pig. There was only one pig around for miles and unfortunately for the soldiers it belonged to a widow who didn't want to part with it easily. She requested thirty dollars for her prized pig, but the soldiers hoped to negotiate the price to fifteen or the race might have to be cancelled.

The quartermaster was sent to Washington for liquors and meats.

After many speeches, the commanding officers, some of their ladies on horses and in ambulances, headed for refreshments. Even though they were in the middle of war the celebration was grand. The brigade officers and their brass hat guests consumed thirty-five hams, a side of a roasted ox, and entire pig stuffed with broiled turkeys, and unlimited number of chickens, ducks, and small game.

Emerald Peacock Traveling Refreshment Saloon

Hot Irish Punch

Ingredients

1/4 cup Irish whiskey 1/2 cup boiling water 1 tablespoon granulated sugar 1 teaspoon freshly grated nutmeg Grated zest of 1 lemon

Mix the grated nutmeg into the sugar. Rub the lemon juice and zest into the sugar mix. Pour the boiling hot water into the sugar mix. Add the whiskey and enjoy.

Note: *Use a heat-safe mug or glass.*

Liquor Shelf

Milk Punch

Ingredients

3/4 cup granulated sugar 2/3 cup hot water 1 1/2 cups Irish whiskey 3 1/2 cups evaporated milk Freshly grated nutmeg

Dissolve the sugar in the hot water. Leave to cool. Add the whiskey to the sugar water and chill. Mix in the evaporated milk. Garnish with nutmeg. Serves 2.

The officers consumed eight baskets of champagne, ten gallons of rum, and twenty-two of whiskey. The whiskey was mixed with condensed milk, nutmeg, and hot water to make a milk punch. The punch was served from an enormous punch bowl which held not less than thirty gallons. The Irish Brigade enlisted men each received a special ration of two gills of rum before the race.

A course about one mile long with four places to jump was organized for the horse races. General Meagher's horse won the first event. The various activities continued until five o'clock.

While these sports took place, rapid artillery fire could be heard in the distance. Cavalry regiments started out on a reconnaissance mission the prior day toward Culpeper. Early in the morning a Confederate Brigade was spotted in pursuit on the opposite side of the Rappahannock. The enemy was fully prepared to defend the ford. Only two men could ford the river abreast. The crossing, however, was successful after a brief skirmish.

Confederate Cavalry

Once the river was crossed, a regular cavalry and artillery fight occurred between General Averill's command and General J.E.B. Stuart and Fitzhugh Lee. For once the cavalry was engaged in a fair fight with a Union victory.

The Irish Brigade remained in Falmouth until Thomas Meagher returned from a bout of rheumatism, and then they headed for Chancellorsville.

Roast Duck with Orange Sauce

Roast Duck with Orange Sauce

Preheat oven to 375 degrees

Duck Ingredients

5 to 6 pound duck, cleaned
1 teaspoon salt for inside cavity
1/4 teaspoon fresh ground black pepper for inside cavity
1 teaspoon salt for breast and back side of duck
1/4 teaspoon fresh ground black pepper for breast and back side of duck
1 large orange, quartered

If your duck is frozen, thaw in the refrigerator. Remove the neck and giblets from the cavity. Rinse the duck thoroughly in cold water. Pat the duck dry with a cloth napkin or towel. Add salt and pepper to the inside cavity. Place the quartered orange in the cavity.

Salt and pepper both sides of the duck. After seasoning the duck, prick the breast skin in several places with a sharp knife to allow fat to drip out.

Fold neck skin under back side. Lift wing up and over back. Cut a long piece of butcher's twine and truss as for a chicken or leave in natural state. Roast uncovered breast side up on a rack in a shallow pan.

Insert a meat thermometer at the joint when roasting time is almost completed. When the internal temperature reaches 180 degrees and juices run clear, duck is done. Drumstick meat should feel soft.

Generally, cooking times will be as follows:

- 4 pounds = 1 hour 25 minutes
- 5 pounds = 1 hour 50 minutes
- 6 pounds = 2 hours 15 minutes

Baste the duck with orange sauce the last 20 minutes of roasting; reserving half the orange sauce for serving. Let the duck set for 10 minutes before carving.

Orange Sauce

2 slices bacon (cut into 1/4 inch pieces)
1 1/2 teaspoons finely diced onion
1 tablespoon duck pan drippings
1 1/2 tablespoons orange marmalade
1/2 cup orange juice or juice of 1 large orange
1/4 cup good port wine

Sauté the bacon and onion in a small saucepan. Drain on a cloth napkin. Place them back into the saucepan and add the duck pan drippings, orange juice, orange marmalade and wine. Bring to a boil and then turn heat down to a simmer. Sauce will reduce slightly as it cooks. Simmer or keep warm without boiling. Use half the sauce for basting the duck the last 20 minutes of roasting and the other half of the sauce for serving.

Garnish

1 large orange cut into 6 slices

Place 3 orange slices on two sides of a large platter. Set the duck on the platter and brush with reserved orange sauce.

Oxtail Soup

Oxtail Soup

Ingredients

4 oxtails, washed in cold water 1 gallon cold water
1 1/2 teaspoons kosher salt 4 moderate sized carrots (washed, peeled and sliced into coins) 2-3 onions (coarsely chopped) 1 large bunch fresh savory herbs 1 head celery stalks (washed and cut fine) 2 turnips (washed, peeled and cut in chunks) 1 whole clove
1/2 teaspoon whole peppercorns Salt to taste
1/2 teaspoon cayenne pepper Arrow-root for thickening

Wash and soak the oxtails. Place them in the large kettle and pour one gallon of cold water on them. Let them be brought gradually to boil, throw in 1 1/2 teaspoons kosher salt and clear off the scum carefully as soon as it forms on the surface. When it ceases to rise, add the rest of the ingredients.

Stew these gently from 3 to 3 1/2 hours. If the tails be very large, lift them out, strain the liquor and strain off the fat. Cut the meat from the tails and put it in two quarts or more of the stock. Stir in, when this begins to boil, thicken with arrow-root mixed with the cayenne pepper and salt as may be required to flavor the soup. Serve very hot.

George Armstrong Custer's family often enjoyed oxtail soup.

Potato Cakes

Potato Cakes

Ingredients

8 Irish potatoes (washed and peeled) 2 large eggs, well beaten
1/2 cup all-purpose flour 1 teaspoon salt
1/2 teaspoon fresh ground black pepper 1/2 cup unsalted butter

Peel and grate potatoes in a large bowl. Place in a colander and drain out all liquid. Press with a cloth towel to absorb some of the liquid. Add beaten eggs, flour, salt and pepper. Stir ingredients together lightly.

Fry in a hot cast-iron skillet or heavy pan. Place 2 tablespoons of the butter into the hot skillet to fry the cakes. Add more butter as needed. If there is any moisture in the potatoes, the grease will pop.

Drop cake mixture by large spoonsful onto the hot skillet taking care not to make them too thick or overcrowd them. Brown potato cakes on both sides. Place cooked potato cakes on a cloth to absorb some of the grease. Serve immediately.

Split Pea and Ham Soup

Split Pea and Ham Soup

Ingredients

1 (1pound) bag dried split green peas 2 stalks celery (washed and chopped fine) 2 quarts hot water

1 teaspoon salt

1/2 teaspoon fresh ground black pepper 1/2 pound good ham (fat removed and cubed) Homemade Croutons

Rinse peas well and check for small stones. Place the peas and remaining ingredients in the pan. Bring to a boil and cover. Simmer for 1 1/2 hours. Tilt the lid and simmer for approximately 30 minutes more or until peas are soft. Stir the soup occasionally.

Ladle the soup in a tureen, bowls or cups and garnish with homemade croutons.

Homemade Croutons

Homemade Croutons

Preheat oven to 300 degrees

Ingredients

6 slices stale white bread, crust removed 3 tablespoons unsalted butter, melted Salt and pepper to taste

Remove crust from bread slices. Brush tops only with melted butter; season with salt and pepper. Slice the bread vertically into one-half inch strips. Next, cut the strips horizontally into one-half inch cubes.

Spread the cubes evenly in a single layer on a cookie sheet. Bake for approximately 35 minutes in a preheated 300 degree oven or until the cubes are dry and crisp. Cool completely and then store in an airtight container.

Braised Oxtail

Braised Oxtail

Ingredients

2 pounds oxtail (4 to 6 pieces) 2 tablespoons all-purpose flour 1 1/2 teaspoons salt 1 teaspoon fresh ground black pepper 2 tablespoons olive oil or lard 1 medium onion, rough chopped

3 carrots (pared and sliced into 1/4 inch rounds) 1 cup Claret wine (red wine)

2 cups beef stock

1/4 pound mushrooms, sliced 2 tablespoons fresh chopped parsley 1 tablespoon fresh chopped thyme

In a bowl or pie plate, combine the flour, salt and pepper. Place the oxtail in the flour mixture and coat all sides lightly. Set aside.

Chop the carrots and onions. Heat the oil in a large Dutch oven. Using tongs, add oxtails individually to brown on all sides, being careful not to cook them through. Set the oxtails on a plate and brown the carrots and onions in the Dutch oven. Add any remaining flour to the pan.

Pour the wine and stock into the pan. Add the oxtails to the mixture. Bring to a boil and reduce heat to a simmer. Gently simmer the oxtails for 2 1/2 to 3 hours or until tender. Add the mushrooms, thyme and parsley and simmer for 30 more minutes. Serve hot with mashed potatoes.

This recipe can be cooked on the stove or over an open fire.

Onions and Apples

Onions and Apples

Ingredients

1/2 pound salt pork (thick rind removed and diced) 4 tart apples, cored 2 large onions (skin removed and sliced into rings) 2 cups water

Cook the diced pork in a cast-iron skillet until it is crisp. Remove the cooked salt pork. Fry the onions and apples in the pork fat until lightly brown. Add the water and cook until the apples and onions are tender. When they are the right consistency, add the salt pork to the mixture. Salt pork is salty so be careful when adding seasonings. Add more water a little at a time if needed.

Note: *Great recipe for the open fire.*

Civil War Widow

Chapter 8

CHANCELLORSVILLE

The night of May 1, 1863 Generals Robert E. Lee and Thomas Jonathan “Stonewall” Jackson sat on Union hardtack boxes by a campfire. The generals knew they were outnumbered two to one. The Union was in good position around Chancellorsville and the Rappahannock River protected them on the left.

General J.E.B. Stuart discovered a way to go on the defensive.

George Armstrong Custer’s indoor assignment was cut short. Custer had misgivings due to having previously served under the command of McClellan. This time he would be serving under the command of Major General Joseph Hooker. Custer felt more secure about the situation once Hooker told him he was reorganizing the army making a cavalry corps with three divisions.

Generals Alfred Pleasonton, David McMurtle Gregg, and William W. Averell headed the three divisions. Lucky for Custer, he was assigned to ride with Pleasonton.

On May 2, General Thomas Jackson’s Corps launched a surprise attack on Major General Joseph Hooker’s Army of the Potomac. The Confederate troops let out a bone-chilling yell and advanced out of the wilderness.

Chancellorsville

Hooker initiated his first offensive falling into Jackson's trap. Pleasonton discovered Jackson just in time, stopping his advance. Hooker blamed his defeat on the absence of General Stoneman. He relieved him and gave the Cavalry Corps to Pleasonton.

George Armstrong Custer benefited from Pleasonton's promotion. He moved up as aide to a corps commander.

By dark, Jackson's men had backed the Union up two miles. Jackson rode out to scout a place to launch a night attack. This wasn't out of the ordinary for him. Confederate troops mistook him for the Union cavalry. Jackson took two bullets to his left arm, which was amputated about two hours later. He also received a bullet to his right hand. He later died of pneumonia.

After Jackson's death, General J.E.B. Stuart took over his command.

On May 6, 1863 Custer wrote a letter to his parents telling them about the food. Pleasonton sent his quartermaster to Baltimore daily for fresh vegetables and other delicacies. Pleasonton invited Custer to partake in the bounty of foods. They had onions, radishes, ripe tomatoes, asparagus, fresh fish, mackerel, beef, mutton, veal, bacon, pound cake, oranges, ginger snaps, candies, peas, warm biscuits, butter and cheese.

Veal Croquettes

Veal Croquettes

Heat lard to 375 degrees

Ingredients

1 tablespoon olive oil
1 pound ground veal (2 cups cooked)

White Sauce

2 tablespoons unsalted butter 4 tablespoons all-purpose flour 1 cup cold whole milk
1/2 teaspoon salt 1/4 teaspoon fresh ground black pepper 1/2 teaspoon fresh lemon juice 1 tablespoon fresh chopped parsley

Breading

2 cups fine bread crumbs
1 large egg, well beaten
1 tablespoon water
1 cup lard

Cook the veal in olive oil. Drain the veal and cool.

Heat the butter in a medium saucepan. Add the flour and cook over low heat for 2 minutes. Gradually whisk in the cold milk to make a very stiff sauce.

Add the lemon juice, salt, pepper and parsley to the cooled veal. Next, pour the thickened sauce into the cooled veal mixture. Cool the veal mixture to room temperature and then use a tablespoonful to shape into small balls.

Whisk the beaten egg and water together in a small bowl.

Place the bread crumbs in a pie plate.

Heat the lard to 375 degrees.

Dip the veal balls into the egg mixture and then coat the ball with the bread crumbs. Carefully drop a few at a time into the hot lard. Turn balls over with a slotted spoon. When the veal croquettes are golden brown on all sides; remove to a cloth napkin to drain. Serve hot.

Fried Veal Cutlets

Fried Veal Cutlets

Ingredients

4 thin veal cutlets (pounded to 1/4 inch thick with a meat mallet between some plastic wrap) 2 tablespoons lard

2 tablespoons unsalted butter 1 1/2 cups all-purpose flour 1 teaspoon salt

1/2 teaspoon fresh ground black pepper Fresh lemon slices or parsley for garnish

Gravy

2 tablespoons reserved melted lard and pan drippings 2 tablespoons all-purpose flour 1 cup cold whole milk or cream Salt and pepper

Pinch cayenne pepper (optional)

Heat lard in large cast-iron skillet over medium heat. Season both sides of veal with salt and pepper; dredge both sides of veal in flour. Cook veal in lard 3-4 minutes on each side. Don’t overcrowd skillet. After all the veal is nicely browned, remove the meat and cover with a clean cloth to keep warm.

Drain the melted lard in a sieve over a medium bowl, reserving 2 tablespoons of the heated lard. Place the reserved lard mixture back in the skillet and heat to medium. Add 2 tablespoons flour and stir continuously until browned. Slowly whisk the cold milk into the browned flour mixture and heat until the gravy thickens; stirring continuously. Salt and pepper to taste.

Add the veal to the gravy and stew for 15 minutes on medium heat or until tender. Makes a nice breakfast.

Mashed Parsnips

Mashed Parsnips

Ingredients

6 parsnips

3 quarts boiling water 1 teaspoon salt 1/8 teaspoon fresh ground black pepper 1 tablespoon unsalted butter 1/3 cup homemade buttermilk

Place water in large stockpot. Turn heat on high. Wash, peel and cut parsnips into 4 slices lengthwise. When the water reaches the boiling point, reduce heat and add the parsnips. Cook the parsnips about 20 minutes or until they are slightly soft in the middle.

Remove from heat and drain in a colander. Place the parsnips back into the pan and add the salt, pepper, butter and buttermilk. Mash them up with the back of a wooden spoon being careful not to over mash or they will result in a pasty dish. Heat on medium-low until hot. Serve immediately.

In 1856 Gail Borden created canned sweetened milk. Borden's Eagle Brand canned milk became a staple in the Civil War.

Boston Veal Loaf II

Boston Veal Loaf II

Preheat oven to 350 degrees

Ingredients

3 pounds ground veal
2 slices 1/4 inch thick salt pork, finely chopped 1/4 cup crackers, crushed into crumbs 1/4 cup unsalted butter, melted and slightly cooled 1 large egg, slightly beaten
1 teaspoon salt
1/2 teaspoon fresh ground black pepper 2 teaspoons dried sage or 1 tablespoon fresh, finely chopped

Add the ground veal, chopped salt pork, beaten egg, salt, pepper and sage to a large bowl.

Mix the melted butter and cracker crumbs together in a small bowl. Add them to the meat mixture and mix well.

Put in an 8.5 x 4.5 x 2.5 inch loaf pan and bake for 1 1/2 hours. Drain off excess fat and let stand for 10 minutes. Slice thin and garnish with parsley. Refrigerate leftovers.

It is best if made a day ahead and served on a bed of lettuce sliced thin. Great recipe for a brunch.

Potato Soup

Potato Soup

Ingredients

4 cups peeled and diced potatoes 1 medium diced onion
1 quart whole milk
1 tablespoon unsalted butter 3 tablespoons all-purpose flour Salt and pepper to taste Slice of cooked salt pork, diced (optional) Fresh parsley for garnish

In a Dutch oven, cook potatoes, onion and salt slowly in enough water to cover until they are soft not mushy. Drain the above Ingredients in a colander.

Melt the butter in the Dutch oven and add the flour; stir until smooth. Add the milk and cook until thickened and smooth. Slowly add the drained potato mixture back into the pan with the milk. Let the mixture cook together a few minutes making sure not to boil the soup.

If a person had upon them a good piece of sliced salt pork, it would be a great addition.

Serve immediately. Garnish with fresh parsley.

BRIEF HISTORY OF GINGERBREAD

The origin of gingerbread is not known. Early forms of gingerbread can be traced to the ancient Greeks and Egyptians who used it for ceremonial purposes.

In 11th century Europe, crusaders brought ginger back from the Middle East.

The first gingerbread is thought to have been made by Catholic monks in the 12th century; often depicting saints and other religious motifs. Early carvings were made with elaborate large cookie boards that impressed the patterns onto stiff rolled cookie dough.

Gingerbread was a favorite treat at festivities and fairs in medieval Europe, often shaped and decorated to look like flowers, birds, animals and even armor. Ladies often gave their favorite knights a piece of gingerbread for good luck in tournaments. The ladies ate “gingerbread husbands”; to improve their chances for landing a real husband.

In medieval times, it was illegal for anyone but members of Baker’s Guilds, (or in London, the Gingerbread Guild) to make gingerbread except at Yuletide.

In 1598, gingerbread was mentioned in a Shakespeare play, “An I had one penny in the world, thou shouldst have it to buy gingerbread”.

Sixteenth century writer, John Baret described gingerbread as, “A kind of cake or paste made to comfort the stomache”.

North Americans have been making gingerbread for over 200 years. George Washington’s mother made gingerbread shapes that ranged from miniature kings to eagles.

American gingerbread recipes called for fewer spices than European. Ingredients varied in different regions due to availability. Maple syrup was popular in New England; the South preferred sorghum or molasses.

In the nineteenth century, gingerbread was modernized. While the Grimm brothers were collecting German fairy tales, they found one about Hansel and Gretel; two children abandoned in the woods by penniless parents. They discovered a house made of candies, cake and bread.

Mrs. Robert E. Lee and her daughters kept a small cardboard notebook to

record recipes and other household information. The book contained dozens of people’s handwritings. There were seven recipes in the notebook for gingerbread. Most of the recipes called for molasses.

Gingerbread

Gingerbread

Preheat oven to 350 degrees

Ingredients

2 1/2 cups sifted all-purpose flour 1 1/2 teaspoons baking soda 1/2 teaspoon salt 1 1/2 teaspoons ground cinnamon 1 teaspoon ground ginger
1/4 teaspoon ground cloves 1/2 cup granulated sugar 1/2 cup unsalted butter, softened 1 large egg, at room temperature
1 cup molasses
1 cup hot water
Confectioners' sugar for dusting top

Cream together the sugar and butter in a large bowl. Add the egg and beat well. Stir in the molasses with a wooden spoon.

In a medium bowl, sift the flour, baking soda, salt, cinnamon, ginger and clove together. Add the dry ingredients to the sugar mixture. Slowly add hot water and mix well.

Pour the batter into a buttered and floured 9-inch square pan lined with parchment paper. Bake in a 350 degree preheated oven for approximately 25-30 minutes or until a toothpick inserted comes out clean. Cool in pan for 10 minutes and then invert onto a wire rack if you wish. Or you can just cut squares in the pan. Dust with confectioners' sugar.

Spray some cooking spray in your measuring cup to help the molasses pour easily.

Molasses Cookies

Molasses Cookies

Preheat oven to 375 degrees

Ingredients

2 3/4 cups all-purpose flour 1/3 cup brown sugar 1/3 cup unsalted butter, at room temperature 2/3 cup molasses 1 large egg, at room temperature 2 1/2 teaspoons ground cinnamon 1/2 teaspoon ground ginger 1 teaspoon baking soda

1/2 teaspoon salt

In a large bowl, cream together the butter, brown sugar, egg and molasses thoroughly. Sift the flour, salt, soda, cinnamon and ginger together and add the sugar mixture. Chill the dough for 1 hour.

Roll the cookie dough into rounded teaspoon size balls and place onto a lightly buttered cookie sheet; flatten slightly with your finger. Place the cookie sheet in a preheated 375 degree oven and bake for 8-10 minutes. Do not over bake. Cool on a wire rack. Repeat this process cooling the cookie sheet and lightly buttering again.

Icing

1 cup confectioners' sugar

Pinch of salt

1/2 teaspoon vanilla 1 tablespoon cream

Mix the icing ingredients together and spread thinly on each cookie while slightly warm.

THE INFAMOUS BREAD RIOT

The shortage of Southern food supplies for Confederate civilians and the need for food on the war front along with the Union's infiltration of supplies sent frenzied women and children to the streets. Along with the shortages, the price of food had increased sevenfold making it impossible for the poor to afford.

A crowd of thousands shouted, "Bread, Bread, Bread!" The starving, angry mob of civilians smashed windows and looted their contents on April 2, 1863.

Confederate President Jefferson Davis, his troops armed with fixed bayonets, ordered the crowd to disperse. The women still stood on the streets demanding food, but the government only issued them rice rations.

Biscuits

Biscuits

Preheat oven to 425 degrees

Ingredients

2 cups all-purpose flour 3 teaspoons homemade baking powder 1 teaspoon salt

5 tablespoons cold unsalted butter 3/4 cup whole milk Lard for greasing baking sheet

Sift the flour, baking powder and salt together. Cut in the butter until mixture resembles cornmeal. Add the milk and mix until it forms a ball.

Flour a surface and knead the dough. Roll the dough out onto a floured surface and cut with a 2 inch round cutter or a floured glass rim. Place the dough circles onto a lightly greased baking sheet and bake in a preheated 425 degree oven for 8-10 minutes or until the tops are a golden brown.

Recipe makes approximately 18 biscuits.

Tomatoes, fresh and scalloped

Scalloped Tomatoes

Preheat oven to 375 degrees

Ingredients

1/4 cup unsalted butter, chopped in bits 1 teaspoon salt
1/2 teaspoon fresh ground black pepper 1 tablespoon granulated sugar
6 large vine ripe tomatoes, thickly sliced 4 cups homemade bread crumbs

Mix salt, pepper and sugar together.

Butter bottom and sides of the baking dish. Put a layer of bread crumbs on the bottom as you would a crust. Bake in a preheated oven for 10 minutes. Remove the crumbs from the oven and layer sliced tomatoes on the bread crumbs and sprinkle with seasonings. Drop bits of butter over the bread crumbs. Repeat this step until the ingredients are used up and a layer of tomatoes with bits of butter are the top layer.

Bake covered for 35-45 minutes in a preheated 375 degree oven until well cooked through. Remove the cover and brown top quickly.

Homemade Bread Crumbs

Homemade Bread Crumbs

Ingredients

1 pound stale white bread

Discard both end pieces of the loaf of bread. Cut all 4 sides of crust off and discard. Slice the bread about one-quarter inch thick vertically. Then slice horizontally until you have your desired thickness of bread crumbs. Store the bread crumbs in an airtight container. The recipe makes about 4 cups fresh bread crumbs.

Cream of Tomato Soup

Cream of Tomato Soup

Ingredients

3 1/2 pounds fresh vine-ripe tomatoes (1 quart canned) 1/4 cup chopped celery stalks 1 pint water

1/4 teaspoon baking soda for later 2 tablespoons unsalted butter 2 tablespoons all-purpose flour 3/4 cup heavy cream 3/4 cup whole milk 1 teaspoon salt

1 teaspoon granulated sugar

1/4 teaspoon fresh ground black pepper Fresh parsley for garnish

Homemade croutons

Cook one quart washed tomatoes with vines removed and celery in about one pint of hot water. Simmer the tomatoes and celery in water for about 30 minutes to blend the flavors. Remove from the heat and push through a sieve or colander over a large bowl to remove the seeds and skin; discarding them.

If you use canned tomatoes, just add the celery and simmer for about 20 minutes to blend the flavors. Strain in a sieve to remove any seeds. Continue the rest of the recipe as above, including adding the soda to the tomatoes just before putting them into the heated milk.

Meanwhile, melt butter in stockpot over low heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in the cream, milk, salt, sugar and pepper. Bring to a boil. Reduce heat to medium-low and simmer for about 15 minutes; continuing to stir often.

Just before it is ready to serve, add soda to the hot strained tomatoes. Pour the tomato mixture gradually into the cream sauce; stirring constantly. Garnish with fresh parsley and serve at once. Homemade croutons are a great accompaniment.

OVERVIEW OF POUND CAKE

Pound Cake recipes first appeared in eighteenth century American and English cookbooks. The name originated due to the recipe calling for equal weights of flour, butter, sugar and eggs; a pound of each.

Early recipes included currants and alcohol. Many recipes added lemon for flavoring.

Affluent families baked the cake with nine eggs and brandy for homecomings or wedding parties.

As the Civil War progressed, food items became scarce. Pound Cakes were only made for holidays and special occasions.

Pound Cake

Pound Cake

Preheat oven to 350 degrees

Ingredients

2 cups unsalted butter, softened 2 1/4 cups granulated sugar 9 large eggs, at room temperature 4 cups sifted all-purpose flour 1/2 teaspoon salt Zest of one lemon

1 tablespoon fresh lemon juice 2 teaspoons freshly grated nutmeg 1/2 cup brandy

In a large bowl, cream the butter and sugar together well and beat in the eggs. In a medium-large bowl, sift the flour, salt and nutmeg together. Mix all into the butter mixture and beat well. Add the lemon zest, lemon juice, brandy and mix thoroughly. Pour into two 8.5 x 4.5 inch buttered parchment lined loaf pans or one 9 x 5 inch buttered lined loaf pan. Bake in a preheated 350 degree oven for 60-70 minutes or until toothpick inserted comes out clean. The top will crack and be golden brown. Leave in the pan for 10 minutes and then invert onto a wire rack.

Note: *You can place a piece of aluminum foil over the pans loosely if the cake starts to get too brown the last ten minutes.*

Civil War Ball

Chapter 9

BRANDY-STATION GRAND REVIEW

May 22, 1863, Stuart held the first of three reviews. It pleased him so much; he planned a “Grand Review” on a scale no one had ever seen.

The night prior to the second review, June 4, 1863, a ball was held in the Town Hall. Invitations were sent out to adjoining counties. Guests came from Richmond and Charlottesville.

The men adorned new uniforms and the ladies dressed in their finest clothes.

The next morning, a one and a half mile line of troops made two passes in front of the reviewing stand. General Lee was not able to attend. The evening ended with another ball lit by campfires.

On June 8, the final review began but this time with General Lee in attendance. The men’s enthusiasm was dampened knowing they would have to tend to the mounts to press forward the following day.

Lemon Cookies

Lemon Cookies

Preheat oven to 375 degrees

Ingredients

4 cups all-purpose flour Pinch of salt

1 cup unsalted butter, at room temperature 3 large eggs (whipped with a wire whisk in a very clean, dry bowl) 2 cups granulated sugar 2 tablespoons lemon juice or the juice form one large fresh lemon 1 teaspoon fresh grated lemon zest 1/2 teaspoon baking soda dissolved in 1 teaspoon whole milk

Cream together the butter and sugar. Add the lemon juice, lemon zest and whipped eggs. Gradually add the 4 cups flour. Last, add the soda dissolved in milk.

Take a teaspoon of cookie dough and gently roll it into a ball. Place on a lightly greased cookie sheet. Bake for approximately 15 minutes in a preheated 375 degree oven. Makes about 4 dozen cookies. Store in a covered container or freeze.

CHOCOLATE IN THE CIVIL WAR

In 1819, the Swiss chocolate-making pioneer, Francois Louis Cailler, opened a chocolate factory near Vevey on Lake Geneva using machinery he developed himself.

Coenraad Van Houten, a chocolate manufacturer in Amsterdam, patented an invention which changed chocolate from a beverage to a confection. The process was known as “Dutching”.

The first modern chocolate bar was developed by a Britain chocolate maker, J.S. Fry and Sons in 1847.

Domingo Ghirardelli arrived in San Francisco in 1849 to establish a chocolate-making business.

In the mid-nineteenth century, chocolate was sold in large solid blocks. Our modern “Baker’s Chocolate” is made by the corporate descendant of the same company. One ounce of grated chocolate is equal to 1/4 cup.

During the period of the American Civil War, chocolate was a common food desired by soldiers and civilians.

During the Battle of Gettysburg on July 3, 1863 at Pickett’s Charge, Confederate John H. Robertson was captured and sent to Fort Delaware where Confederate prisoners were kept. John made rings from brass buttons of overcoats to sell to soldiers of the Union Army who were guards. He fared better than the other prisoners whose rations were cornbread and pickled beef. With the money he made from the rings, he could afford to purchase food, clothes, chocolate candy and he could afford to drink hot chocolate.

Volunteer women of the Sanitary Commission gave chocolate to sooth injured soldiers.

Southern women tried to maintain social activities which included serving chocolate.

Cup cake with Chocolate Frosting

Cup Cake with Chocolate Frosting

Preheat oven to 350 degrees

Ingredients

2/3 cup unsalted butter, at room temperature 2 cups granulated sugar
4 large eggs, well beaten at room temperature 1 cup whole milk
3 1/4 cups all-purpose flour 4 teaspoons homemade baking powder 1/4 teaspoon ground mace Chocolate Frosting

Put the butter and sugar in a bowl and stir until well mixed. Add the beaten eggs. Sift together the flour, baking powder and mace. Add the flour and milk to the sugar mixture by degrees.

Fill a lightly buttered large 6 hole cupcake tin about two-thirds full. Bake approximately 25 minutes depending on how full your tins are. Test with a broom straw or toothpick; when it comes out clean, they are done. Cool in pan for about 5 minutes and then invert the cupcakes onto a wire rack to cool. Frost with Chocolate Frosting. Makes about 9 large cupcakes.

Chocolate Frosting

Double boiler

Ingredients

4 ounces Baker’s Chocolate 4 tablespoons whole milk 1/8 teaspoon salt 1/2 cups unsalted butter, at room temperature 1 teaspoon good vanilla 3 cups confectioners’ sugar

Combine chocolate, butter and milk in a medium bowl and place over hot water in a double- boiler. Do not let the bowl touch the water. Bring to a simmer and stir occasionally until the chocolate mixture is melted. Remove the bowl and stir in the vanilla. Let the chocolate mixture cool slightly.

Next, add the slightly cooled chocolate mixture to the confectioners’ sugar and add salt. Beat the chocolate mixture just until the frosting reaches a creamy consistency. If your frosting is too thick, add a bit more milk. If it is thin, add a bit more of the sugar. Frost your cupcakes.

CIVIL WAR BALLS AND DANCING

Although the Civil War had created family hardships and despair, social entertainment was looked forward to and encouraged.

A wealthy wife might host a formal gathering in the family's home filled with candles and light refreshments. It was expected to make everyone happy and cheerful even if for only a few hours.

Unlike dances of today, a husband and wife might only dance together once. It was socially encouraged to mingle with others. It was common for a married lady to dance with a dashing young single man and vice a versa. Of course, a proper introduction would have been given first.

Dances were held of every size imaginable from small gatherings to immense events with a thousand guests or more. They also ranged from informal to the royal "court" ball.

Dress would depend on the time, place and nature of the occasion. An aristocrat would have dressed very well at a ball but a farmer's wife might have dressed in her work clothes at home or her Sunday best to the town dance. Criticizing another for their clothing or dancing ability was unthinkable.

Some of the evening's dance card might include: Grand March Medley, Plain Waltz, Soldier's Joy Medley, Cally Polka, The Lancers Quadrilles, Byenly's Waltz, Jenny Lind Polka, Bluebird Polka Redowa, Crystal Schottische, Gothic Dance or Merry Haymaker's Medley, Charming Waltz, Virginia Reel medley and the Spanish Waltz.

A few favorite songs of the Civil War were: John Brown’s Body, Dixie, Aura Lee, Lorena, Battle Cry of Freedom, The Vacant Chair, Goober Peas, Just Before the Battle Mother, When Johnny Comes Marching Home, Yellow Rose of Texas, Marching Through Georgia, Battle Hymn of the Republic, Oh Shenandoah, Lincoln & Liberty, Hard Times Come Again No More, Oh I’m a Good Old Rebel and Taps.

Lemon Butter

Lemon Butter

Double boiler

Ingredients

1 cup granulated sugar ¼ cup unsalted butter, melted and slightly cooled 3 large eggs, well beaten 3 tablespoons fresh lemon juice

Mix the sugar and eggs together. Slowly add the cooled melted butter and lemon juice. Place in a double boiler and cook on medium-low heat. Stir the lemon butter continuously for about 20 minutes or until creamy. Place in the refrigerator to cool. This recipe is nice for a picnic, bread or gifts. Makes approximately 1 cup.

Homemade Baking Powder

Ingredients

1 teaspoonful baking soda 2 teaspoons cream of tartar 1 teaspoon cornstarch (optional)

Whisk baking soda and cream of tartar together. If adding cornstarch, whisk it together with the previous 2 ingredients.

Use immediately or store in an airtight container. If you plan to store homemade baking powder, you need to add the cornstarch to absorb moisture. Makes 1 tablespoon.

Cucumber Sandwiches

Cucumber Sandwiches

Ingredients

Good solid bread Fresh cucumbers Small green peppers Large eggs, boiled Mayonnaise

Salt and fresh black pepper

Wash cucumber and green pepper and pat dry. Slice each into thin slices. Take good fresh bread and remove the crust. Take a wine glass or round biscuit cutter and cut circles out of the bread. Spread the bread with mayonnaise. Place a green pepper on the mayonnaise and add a thin slice of cucumber in the middle. Slice the boiled eggs and top each cucumber with an egg slice. Salt and pepper to taste. You can grate the boiled eggs or add a radish slice instead of the egg.

Great for teas and Civil War balls.

Tea Cakes and Wine Glasses

Tea Cake

Preheat oven to 350 degrees

Ingredients

3 1/2 cups all-purpose unbleached flour 1/2 cup unsalted butter 1 1/2 cups granulated sugar 2 large eggs, slightly beaten 1/2 teaspoon baking soda dissolved in 1 tablespoonful of whole milk 1 teaspoon cream of tartar
1/2 teaspoon freshly grated nutmeg Currants or raisins
Flour for rolling out dough

Whisk the flour, cream of tartar and nutmeg together in a medium bowl.

In a large bowl, cream the sugar and butter together. Add the eggs and soda dissolved in the milk and mix well. Add the flour mixture a little at a time. Chill the dough for 1 hour in plastic wrap.

The dough will be sticky. Generously flour a board, dough and the rolling pin. Roll the floured dough out to 1/2 inch thick. Cut out rounds with the rim of a 1 3/4 inch wine glass dipped in flour; then dip the rounds in granulated sugar. Place on a parchment lined cookie sheet approximately 2 inches apart.

Bake in a preheated 350 degree oven for approximately 10 minutes or until done. As soon as the tea cakes come out of the oven, press a raisin or currant gently into the middle of the cake. Remove to a wire rack to cool. Store in an airtight container for up to 1 week.

MINT JULEP HISTORY

The French word “Julep” is derived from the Persian “gulab”, a sweet concoction that may have been used for medicine. The drink dates back to ancient times.

Mint Juleps were most likely first served in early to mid-1700’s in Maryland, Virginia and North Carolina.

Others state that the Mint Julep was concocted as early as 1803. A book published in London by John Davis describes the Mint Julep as “a dram of spirituous liquor that has mint steeped in it taken by Virginians in the morning”.

The Mint Julep probably originated in the South during the eighteenth century. A U.S. Senator, Henry Clay of Kentucky, introduced Mint Julep to Washington D.C. at the Round Robin Bar in the famous Willard Hotel.

In 1816, the Kentucky Gazette mentioned Mint Julep cups being awarded as prizes of horse races. By the early 1800’s many Kentucky farmers owned stills in which they made corn whiskey or what we know as bourbon. Bourbon is the preferred spirit for Mint Julep.

The Kentuckians believe that when a Mint Julep is made correctly, you can hear angels sing.

The purist mint muddlers painstakingly prepare the Mint Juleps one at a time by muddling fresh mint with sugar at the bottom of the Mint Julep cup.

Traditionally, Mint Juleps were served in silver or pewter cups and held only by the bottom and top edges of the cup. This positioning of the hand allows frost to form on the outside of the cup.

The first Mint Juleps were made with rum, rye, whiskey and other spirits readily available.

Charles Dickens and Washington Irving were fans of the Mint Julep. They shared a Mint Julep at a dinner in Baltimore in March of 1842.

One legend states that a boatman in the nineteenth century went on the Mississippi River, where he decided to go ashore in search of spring water to mix with the bourbon. He decided to add some of the mint he found growing by the spring to his bourbon.

The drink became popular in the South because Bourbon whiskey was

produced in the South.

The Mint Julep is jokingly claimed to be the real reason of the Civil War. In a 1936 copy of Irvin S. Cobb's own recipe book, he states, "well down our way we've always had a theory that the Civil War was not brought on by secession, slavery or the states' rights issue. These matters contributed in the quarrel, but there is a deeper reason. It was brought on by some Yankee coming down South and putting a nutmeg in a Julep. So our folks just up and left the Union flat".

Mint Julep

Mint Julep

Silver or pewter Mint Julep cup, chilled

Ingredients

1 tablespoon granulated sugar 2 teaspoons water 5 large fresh mint leaves Crushed ice

2 jiggers good Kentucky bourbon 1 sprig of mint for garnish

Muddle or mash the sugar, water and 5 mint leaves in the bottom of the chilled Mint Julep cup. Fill the cup with crushed ice. When frost forms on the outside, slowly pour in the bourbon, being careful not to let the bourbon touch the sides of the cup; then stir. Garnish with fresh mint sprigs. Serve Immediately. Hold the cup by the bottom and top rim. Enjoy.

Golden Spice Cake

Golden Spice Cake

Preheat oven to 350 degrees

Ingredients

2 large eggs, at room temperature
1 cup homemade brown sugar
1/2 cup molasses 1 cup unsalted butter, at room temperature 1 cup homemade buttermilk, at room temperature 1 1/2 teaspoons homemade baking powder 3 cups all-purpose flour
1/2 teaspoon ground cloves 1 teaspoon ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon freshly grated nutmeg 1/8 teaspoon cayenne pepper or to taste 1 cup raisins, dredged in a bit of flour Boiled Icing

Beat eggs, sugar and butter to a light batter; then add the molasses and buttermilk.

Whisk the baking powder and seasonings into the flour. Add a small amount of the flour mixture at a time to the batter. Mix all ingredients together thoroughly and then fold in the floured raisins. This keeps the raisins separated.

Spoon the batter evenly into two 8-inch buttered and floured pans lined with parchment paper in the bottom. Place the pans in a preheated 350 degree oven and bake cakes for about 25-30 minutes or until a toothpick inserted comes out clean. The sides of the cake will come away from the pan. Cool in the pan for 15 minutes and then invert onto a wire rack. When completely cool, ice cake with Boiled Icing or dust with confectioners' sugar.

Boiled Icing

Ingredients

2 tablespoons unsalted butter, melted 2 cups granulated sugar 3/4 cup whole milk 1 teaspoon vanilla

Place first 3 ingredients in a heavy medium saucepan. Mix until the sugar moistens.

Boil rapidly without stirring, for about 12-15 minutes or until syrup forms a soft-ball when a bit is dropped in cold water. Remove from heat while testing for soft-ball.

Add vanilla. Place pan in a larger pan with cool water in the bottom of it. Beat the icing until it is cool. The icing will thicken quickly when cool. If it gets too thick, add a bit more milk and beat until spreadable. Frost cake.

The soft-ball stage is when you drop a spoonful of the hot syrup into a very cold bowl of water and then with your fingers, gather the cooled syrup into a soft-ball. It is ready if it forms a soft ball but can still be flattened with your fingers when removed from the water.

Lemon Biscuits

Lemon Biscuits

Preheat oven to 350 degrees

Ingredients

3 1/4 cups all-purpose flour 1 1/2 cups granulated sugar 3/4 cup unsalted butter 3 large eggs, slightly beaten 2 teaspoons lemon zest

1 1/2 tablespoons fresh grated lemon juice Confectioners' sugar for dusting the biscuits

Mix the first 6 ingredients together. Add a bit more flour if needed. Drop the dough onto cookie sheets. Bake in a 350 degree preheated oven for 15-20 minutes. Cool on wire racks. Sift confectioners' sugar over the biscuits when slightly cooled.

Eggs in a Hat

Chapter 10

BATTLE OF GETTYSBURG, JULY 1-4, 1863

The Union soldiers drove the Confederates off Cemetery Hill July 2, 1863. Mary Virginia (Jennie-Ginnie) Wade and her mother were baking bread in the kitchen. They began running out of flour for their bread. They needed to start more yeast immediately so it could be mixed into a sponge later.

Jennie and her brother went outside the McClellan/McClain house around 4:30 A.M. to get firewood to bake more bread.

A soldier came to the door begging for bread, but was asked to return later. The family ate their breakfast. Jennie decided to rest in the parlor. She read the Bible verses Psalms 27 and 30 out loud to her sister, Georgia, “The Lord is my light and salvation, whom shall I fear? The Lord is my strength of my life, of whom shall I be afraid?”

Georgia begged Jennie to stop. Jennie did as her sister requested. She said, “If there is anyone interested in this house that is to be killed today, I hope it is me, as Georgia has that little baby”.

At approximately 8:30 A.M. a bullet entered the house piercing Jennie’s back, her hands were still covered with dough.

White Bread

White Bread

Preheat oven to 350 degrees

Ingredients

1/2 cup lukewarm water 1 package yeast
1 cup whole milk, at room temperature 1 cup boiling water
2 tablespoons unsalted butter, melted 2 tablespoons granulated sugar
1 tablespoon salt
6 cups all-purpose flour, divided

Place the yeast and 1/2 cup warm water into a large bowl that has been rinsed in warm water and dried. Let the yeast and water activate for 5 minutes.

In a medium bowl, add the milk, boiling water, butter, sugar and salt. Stir until lukewarm and add to yeast mixture. Add the first 3 cups flour; mix thoroughly with a wooden spoon.

Add the last 3 cups flour and stir vigorously. If the dough is sticking to the bowl, add a little more flour.

Rub your hands with a bit of melted butter. Knead the dough on a floured surface for about 5 minutes or until smooth and elastic. Place in a large lightly buttered bowl, turn the dough so both sides get coated a bit and cover with a damp cloth. Set in a warm place and let rise until doubled or about 1 1/2 to 2 hours. If you let bread rise too long, it will have holes. To test bread, press finger into dough, if a dent remains, the dough is ready. Punch dough down to let some gas escape.

Divide the dough into 2 loaves. Knead both parts to make smooth balls. Cover the balls with a cloth and let rest 10-15 minutes more.

Fold each ball and shape into loaves. Place the loaves into two 9 x 5 inch buttered loaf pans. Cover the dough again and let rise in the pans until the dough doubles in size; about 1 hour.

Bake the loaves in a preheated 350 degree oven in metal pans for 30-45 minutes depending on your oven. They should begin to brown after about 15 minutes. The loaves will shrink from the sides when done. When you tap

the bread, it should sound hollow.

Brush the tops of the loaves with melted butter and bake about 3 minutes more. Invert the bread onto wire racks to cool.

COBBLERS

The fruit cobbler was invented in mid-nineteenth century America out of the necessity for cooks to adapt to whatever fresh ingredients were available at the time. Apples, cherries, peaches and berries were the typical fillings with peach being the most predominant.

Cobblers are usually baked in a two quart deep-dish, pudding dish, or a Dutch oven. The name cobbler comes from the biscuit dough baked on top of a fruit cobbler looking “cobbled”.

Early Americans settlers became so found of these fruit dishes they ate them for breakfast, lunch and dinner. If wasn’t until the late nineteenth century that they became known as desserts.

In the past, variations of these fruit desserts have been known as crisps, crumble, brown Betty, grunts, slumps, buckle or crumble, pandowdy, sonker, bird’s nest pudding; also known as crow’s nest pudding, torte or tarts.

Some of the cobbler topping variations include one-crust, two crusts, a crumb topping and a thick drop-biscuit crust.

PREPARING PEACHES FOR COBBLERS

Fresh Freestone peaches are best for baking. When they are not in season, you may use good quality unsweetened sliced frozen peaches. Thaw and drain the sliced peaches and then blot them to remove any excess liquid.

Wash fresh peaches in cold water. Place peaches in enough boiling water to cover them. Boil the peaches approximately 30 seconds depending on the size of the peach. Remove the peaches with a slotted spoon and place in cold water. This process should help loosen the skin of the peaches. Carefully peel the peach skin off. Blot the peaches again to remove excess water. Cut the peaches in half and remove the pit. Slice the peaches evenly.

When purchasing peaches, make sure they are not green and that the peach smells like a peach. The peaches should be a little firm, but not mushy. Store them in your refrigerator in a single layer. They are best if used in a couple of days from purchase. To speed up the ripening process, place the peaches on the counter in a paper bag.

Three to four pounds of medium fresh peaches yield approximately one pound or ½ cup sliced peaches.

Peach Cobbler and Drop Biscuits

Peach Cobbler Filling

Preheat oven to 400 degrees

8 cups sliced Freestone peaches (4 one-pound packages of frozen unsweetened peaches, thawed and drained) 1 tablespoon lemon juice

1/2 teaspoon grated lemon zest 3/4 cup granulated sugar 3 tablespoons all-purpose flour

Pinch of salt

1/2 teaspoon ground cinnamon 3 tablespoons cold unsalted butter, cut 1/4 inch thick Drop Biscuits

Butter a 12 x 8.5 inch baking dish. Toss the peaches with the lemon juice and zest in a large bowl. In a medium bowl, mix together the sugar, flour, salt and cinnamon. Stir the dry ingredients in with the peaches. Place the peach mixture evenly in the bottom of the buttered baking dish. Add the 1/4 inch thick slices of cold butter evenly over the fruit mixture.

Cover with foil and bake in a preheated 400 degree oven for 25-30 minutes or until the fruit is bubbly. Keep warm while you prepare the biscuit topping.

Drop Biscuits

Preheat oven to 400 degrees

Ingredients

1 1/3 cup all-purpose flour 3 tablespoons granulated sugar
1 1/2 teaspoons homemade baking powder 1/2 teaspoon baking soda 1/2 cup cold unsalted butter, cut into 1/2 inch piecess 2/3 cup homemade buttermilk

Topping

2 teaspoons granulated sugar
1/2 teaspoon freshly grated nutmeg

Whisk together 1 1/3 cups flour, 3 tablespoons of granulated sugar, 1 1/2 teaspoons baking powder and 1/2 teaspoon baking soda. Cut in 1/2 cup cold unsalted butter with a pastry blender until the mixture resembles small peas. Pour the 2/3 cups buttermilk over the top and toss with a fork until the mixture clumps together. Drop the biscuit mixture over the fruit filling by heaping teaspoons. This recipe makes 12 biscuits in a 12 x 8.5 inch baking dish.

Mix the topping mixture together and sprinkle over the biscuit mixture. Bake at 400 degrees for approximately 25 minutes or until the fruit mixture is bubbly and the biscuits are a golden brown. Cool for 10 minutes on a wire rack and serve warm.

BRIEF HISTORY OF PIES AND PIE BIRDS

Historians have recorded that “pie roots” can be traced back to the ancient Egyptians from drawings found on the tomb walls of Ramses II. He was the third Pharaoh in the 19th dynasty and ruled from 1304-1237 B.C.

The Egyptians filled their bread dough with honey, fruit and nuts. Historians believe the Greeks actually originated pie pastry; galette being a favorite. The Romans enjoyed the delicacy so much they took the recipe home with them.

Originally pie was a baking storage and serving container and barely edible, containing whole birds. The crusts were usually thick to withstand long cooking. The pastry made from flour; suet, eggs and other ingredients were dense and hard.

The first pies were called “coffins”. The first record of the word pie in English was in 1301, noted in “The Oxford English Dictionary”. The word actually meant a basket or box.

Many believe the word “pie” came from “magpie” a bird that collects a variety of objects. European medieval pies had a variety of fillings in one pie. There was usually a variety of meats and fruit.

Pies with crusts were known as “traps”. Large short-sided pies were called “tarts” and very small pies were called “tartlets”. When a pie was made with a bird, the legs were left outside the pie and used for handles.

The pilgrims learned the importance of incorporating fruits and berries in their pies from American Natives. The English colonists brought their recipes for pies to North America. The French, Dutch and Scandinavians brought their pastry-making techniques with them. Colonial women used round pans to cut corners and stretch the ingredients.

An American cookbook from 1796 listed apple, currant, and buttered apple pie as the only sweet pies.

Pioneer women often served pies with every meal. Pies became popular in homes, at county fairs, picnics and social gatherings. Pies eventually became a way to showcase ingredients and immigrant backgrounds of the regions they inhabited.

In the colonial era, apples were grown for hard cider. As the temperance

movement took hold, apple desserts, along with apple pie, gained in popularity. During the nineteenth century, the phrase, “As American as Apple Pie” is hypothesized to have been invented by Abraham Lincoln during the Civil War. Civil War soldiers used hardtack to simulate apple pies.

It is uncertain whether “pie vents” were designed to look as birds because of the nursery rhyme, “Sing a Song of Sixpence” or whether the “pie vents” existed earlier and the song referred to them.

A pie bird, pie vent, pie whistle, pie funnel or pie chimney is a hollow ceramic device traditionally from Europe and shaped like a bird. Some historians believe these date back to as early as the 1500’s.

Pie funnels were used in baking pies to prevent the pie from boiling over in the oven; allowing the steam to escape from inside the pie. They also supported the pastry-crust in the center of the pie; thus preventing sagging.

PIE CRUST GLAZE

In making any pie which has a juicy mixture, the juice soaks into the crust making it soggy and unfit to eat. To prevent this beat an egg well and with a brush or bit of cloth, wet the crust of the pie with the beaten egg, just before you put in the pie mixture.

For pies which also have a top crust use the same egg mixture before baking, which gives it a beautiful yellow brown color. It gives beauty also to biscuits, ginger cakes and is just the thing for rusk by putting in a little sugar.

Cherry Cobbler

Cherry Cobbler

Preheat oven to 375 degrees

Ingredients for cherry filling

4 cups sour cherries, pitted
2 1/2 tablespoons flour
1/2 to 3/4 cup cherry juice
1 cup granulated sugar
1/2 tablespoon fresh lemon juice
1 teaspoon ground cinnamon
Drop Biscuits

Mix sugar, flour and cherry juice in a medium saucepan. Cook on medium heat stirring continuously until the juice is slightly thickened.

Place pitted cherries, lemon juice and cinnamon in a large bowl. Pour the hot cherry juice mixture over the pitted cherries and mix gently.

Pour the hot cherry mixture into a 12 x 8.5 inch buttered baking dish. Immediately add the prepared dropped biscuits. Bake for 20-25 minutes in a preheated 375 degree oven or until the fruit mixture is bubbly and a golden brown. Serve immediately.

Drop biscuits

(See here)

At West Point in 1861, Cadet Custer was roommates with Cadet Pierce Manning Butler Young. Custer followed the Union and his roommate Young followed his state, Georgia. In 1863, General Custer was eating dinner at a Farmhouse he commandeered in Virginia. Custer was forced to evacuate the meal when Confederates stormed the farmhouse commanded by Young. Custer told the reluctant hostess of the house to

tell General Young to enjoy his unfinished dinner. The Confederate General enjoyed the meal and a good night's rest.

In the morning the hostess cooked breakfast for the general. He didn't have time to enjoy the meal. Young and his staff made a hasty retreat knowing his old roommate and adversary had broken through the perimeter. General Young asked the hostess to tell Custer he hoped he enjoyed the rest of his meal.

9-Inch Pie Crust

Ingredients

1 cup unbleached all-purpose flour
1/2 teaspoon salt
1/3 cup good lard (frozen for about 10 minutes and sliced into pieces)
2 tablespoons ice water

Sift flour and salt together in a bowl. Cut in the pieces of lard until the mixture resembles pieces of peas. Sprinkle some of the ice water a bit at a time over the flour mixture. Mix with a fork until the dough is moist. Form the dough into a ball and place it onto a floured surface.

Flour the dough lightly and roll out to form a circle about 1 inch larger than your pie. If you flour the dough too much, it will become tough. Fold the dough in half and place over the pie plate. Form the pie to fit into the pie plate gently and crimp the edges; trying not to stretch it.

If you need a double crust, double the recipe except for the ice water, use 1/4 cup water. Divide the dough into two balls with one about 1 inch larger than the other. Chill the second crust between plastic wrap until you are ready to use it.

Cherry Pie

Cherry Pie

Preheat oven to 425 degrees
2 unbaked 9-inch pie crusts

Ingredients

4 cups sour cherries, pitted and stems removed or (4 cups canned cherries, drained, reserving 1/3 cup of the liquid)
3/4 cup granulated sugar
2 1/2 tablespoons all-purpose flour
1 1/2 tablespoons unsalted butter, cut into bits
1 large cold egg, beaten (for the crust bottom and top)
1 tablespoon fresh squeezed lemon juice
Pinch of salt

Place one unbaked 9-inch pie crust in a pie plate. In a large bowl, whisk the sugar, flour and salt together. Gently fold in the cherries and lemon juice and mix lightly. If you are using canned cherries, add the reserved juice back in to the mixture. Let the cherry mixture set for 15 minutes.

Prepare the bottom pie crust and place in a 9-inch pie pan. Brush with a bit of the beaten egg. Pour the cherry pie filling into the pie shell; dot with butter. Top with the second crust. Seal the two crusts with a fluted edge. Brush the top crust with a bit of the beaten egg. Cut 5 slits in the top middle evenly apart for the steam to escape or use a pie bird.

Place the pie on a large cookie sheet lined with parchment paper to catch any excess cherry juice. Put the pie that is on the cookie sheet on a rack in the lower third of the 425 degree preheated oven. Bake for 15 minutes and then turn the heat down to 350 degrees and continue baking for another 35-45 minutes or until the crust is a golden brown. The pie will be done when the cherry juice begins bubbling out the slits. If the edges begin to darken, make a foil ring and carefully lay the ring over them.

Place the pie on a wire rack and cool for about 2 hours. Eat the pie while warm. It can be stored at room temperature for about 3 days.

Flannel Cakes with Cherry Sauce

Flannel Cakes

Ingredients

2 cups unbleached all-purpose flour 1 tablespoon homemade brown sugar ¾ teaspoon salt 3 teaspoons homemade baking powder 2 large eggs, separated

1 tablespoon melted lard or unsalted butter, slightly cooled 2 cups whole milk

Cherry Sauce

In a large bowl, sift together the flour, sugar, baking powder and salt. Whisk the egg yolks and then add the milk and lard. Add the flour in degrees to the milk mixture.

In a small bowl, beat the egg whites until stiff. Fold the stiff egg whites into the batter.

Have a hot greased griddle ready. Cook until the bottom of the cakes are brown in color but not burnt; turn and cook the other side. Serve with warm maple syrup or Cherry Sauce.

Makes approximately 2 dozen cakes.

Cherry Sauce

Ingredients

2 cups frozen unsweetened tart cherries (thawed and strained reserving juice) 1/4 cup water

1/4 cup granulated sugar 1 tablespoon cornstarch

1/2 teaspoon vanilla

Combine the sugar and cornstarch together. In a medium saucepan, add the sugar mixture and bring to boil over medium heat; whisking continuously until the sugar water is thick and clear.

Reduce the heat and gently add the cherries. Heat the mixture just until the cherries are hot. Remove from the heat and add the vanilla. If you heat the cherries too long, they will turn brown.

If you use fresh cherries, remove the pits and stems. If you use unsweetened canned cherries, drain them and use the reserved cherry juice instead of the water to make a richer sauce.

1 (16 oz.) can sour cherries can be substituted for the frozen.

Brandied Peaches

Brandied Peaches

Ingredients

1 pound ripe peaches (approximately 3 medium)
1 cup water
1 cup granulated sugar
1/2 cup brandy

Sterilize jars and lids for canning according to directions on package.

Purchase the best fresh peaches for good appearance in jars. To ripen store bought peaches, place them in a paper bag for a few days.

Heat a large pan of water to boiling. Place 3-4 peaches in the water at a time blanching for 30 seconds. Next remove the blanched peaches with a slotted spoon to a bowl of ice water.

Dip the peaches into the ice water and then remove to a cookie sheet lined with parchment paper. Carefully remove the skin from the peaches. If the peaches are large, cut in half, remove the pit, and then peel carefully. If the peaches are small, leave whole.

In the meantime, pour one cup water into your saucepan and bring to a boil. Add the sugar and stir with wooden spoon to dissolve the sugar until the liquid is clear. Boil the syrup until it thickens slightly; about 5 minutes. Remove the pan with syrup from the burner and immediately add the brandy. Place the pan back on the burner and bring sugar-brandy mixture to a boil. Remove from heat.

Gently place the peeled peaches into the canning jar. Add the syrup to the peaches making sure to cover them; 3/4 full leaving 1/4 inch for head space. If you need more liquid, add a bit more brandy. Release any air bubbles in the jar. Wipe the rim, cover with sterilized lid and screw on tight.

Let the canned peaches cool to room temperature, then refrigerate for at least 1 week before serving. Store unopened jar in the refrigerator for up to 3 months. Shake the canned peaches daily for best result. Good on ice cream.

General Robert E. Lee

Chapter 11

THE BATTLE OF THE WILDERNESS MAY 4, 1864

William Mack Lee was born June 12, 1835, Westmoreland County, Virginia. He was raised at Arlington Heights in the house of General Robert E. Lee. William Mack Lee, General Lee's body servant, cooked for Marse Robert, the name William called the general.

All of Robert E. Lee's slaves were freed 10 years prior to the Civil War but remained on the plantation until after the surrender at Appomattox.

During the Civil War, William Mack Lee was both body servant and cook for Robert E. Lee. William followed Robert E. Lee from the First Battle of Bull Run to his surrender at Appomattox.

On May 4, 1864, William Mack Lee didn't have anything to cook for a guest of Generals; A.P. Hill, George Pickett, D.H.Hill, Wade Hampton, James Longstreet, Stonewall Jackson, and others.

On that fateful day, they were all so hungry and there wasn't near enough to cook. William made flannel cakes, a little tea and lemonade while that black hen, Nellie, was just waiting out in the ambulance.

William's voice cracked at the thought of cooking the hen but his eyes had a desire for cooked fowl. He carefully picked her good and stuffed her with bread stuffing mixed with butter.

Nellie had been a good hen for nearly two years; laying eggs daily. William hated to lose her.

When William brought Nellie plucked, stuffed and roasted to the commissary tent, General Robert E. Lee turned to William and said, "William, now you have killed Nellie. What are we going to do for eggs? I'm going to write Miss Mary about you. I'm going to tell her you have killed Nellie".

There was only one time Robert E. Lee ever scolded William and it was when he roasted his favorite hen. Robert E. Lee continued scolding William about the hen. He told him he was a fool for killing the hen who lay the golden egg.

Squirrel with soldier

Soldiers often had pets in the fields. The 43rd Mississippi Company had a camel and later became known as the "Camel Regiment". The 3rd Tennessee had a gamecock named "Jake". The 9th Connecticut Infantry had a pig named "Jeff Davis". The 8th Wisconsin Volunteer Infantry had an eagle named "Old Abe". They later became known as the "Eagle Regiment". Custer was known for his many dogs, but other soldiers and units had horses, cats, squirrels, and raccoons for their mascots. The most interesting pet was a bear.

HISTORY OF LEMONS AND LEMONADE

Lemons are thought to have originated in northern India, Burma and China around 700 A.D. across Persia and the Arab world to the Mediterranean.

In 1493, Christopher Columbus brought lemons to America on his second voyage. Historians believe lemons have been growing in Florida since about the sixteenth century.

Lemons were planted in Florida and California extensively in the eighteenth and nineteenth centuries.

The first written evidence of lemonade is found in Egyptian writings. Lemonade was first discovered in Egypt about 1500 years ago. Peasants drank a drink made of lemon, dates and honey.

In Italian, the lemon fruit is known as “limone” while the drink made of lemons is known as “limonata”; in French, the fruit is known as “limonade”. In the eighteenth century, the word “limonade” was introduced from the French language first to Russian and German and then to Estonian language-“limonaad”. North America adapted their drink as “lemonade”.

Mass production of carbonated fruit and berry drinks started in the

middle of the nineteenth century; the same time as the word “lemonade” was first introduced to describe sweet carbonated drinks.

Lemonade

Lemonade

Ingredients

8-10 fresh lemons, at room temperature (washed and juiced to equal 1 cup) 1 cup granulated sugar 1 cup water

Zest of one lemon for syrup 3-4 cups cold water

Fresh lemon slices for garnish

Pour 1 cup water into a small pan and bring to boil. Stir in the sugar and cook until the liquid is clear. Pour the lemon juice and zest in the water and stir. Place the lemon liquid into a glass pitcher or jar. Add cold water to the sugar lemon mixture and gently stir again. Garnish with fresh lemon slices.

Place the lemonade in the refrigerator to chill. Serve in a tall glass filled with ice. Garnish with a fresh lemon slice.

Lemon juice is great to rub on itchy skin.

Onions, potatoes, and carrots

COMMISSARY

A commissary is a store for equipment and provisions in which an officer is in charge of government rations. A quartermaster obtains their supplies for the rank and file on a written requisition given by the commander of a regiment or battery. He also sold supplies for officers' messes at his cost.

Officers purchased their own food. Food supplied for both Northern and Southern soldiers was plain. Rations had to be transported over long distances. The commissary relied on foods that could be preserved such as salted meats, canned goods, beans, hardtack and coffee.

Toward the end of the war, Confederate soldiers were lucky if they received cornmeal.

Roast Chicken with Butter Stuffing

Roast Chicken with Butter Stuffing

Preheat oven to 375 degrees

Chicken

1 whole chicken, about 4 pounds
Unsalted Butter
1 cup hot water
1/2 teaspoon salt 1/4 teaspoon fresh ground black pepper All-purpose flour

Stuffing

1 (1 pound) loaf white bread broken into small pieces 1/2 cup unsalted butter, melted 1 teaspoon summer savory or 1/2 teaspoon dried thyme and 2 tablespoons fresh chopped parsley 1 teaspoon sage
1/2 teaspoon salt 1/4 teaspoon fresh ground black pepper 1 large egg, beaten
1/2 to 3/4 cup water

Toasting Bread (if not stale)

Preheat oven to 300 degrees

Spread the broken pieces of bread onto a cookie sheet. Bake in a preheated 300 degree oven for 10-15 minutes or until bread is dry. Place in a large bowl. Turn heat up to 375 degrees for roasting the chicken and stuffing.

Mixing Stuffing Ingredients

Add summer savory and sage to toasted bread pieces. Stir in beaten egg and enough water to make the dressing moist. Season with salt and pepper.

Spoon the stuffing into cavity of chicken. Truss the chicken with cooking twine.

Rub chicken with butter. Place chicken breast side up in the shallow roasting pan. Pour the 1 cup hot water into the bottom of the pan. Season with salt and pepper. Place in the preheated 375 degree oven, basting often.

When the chicken is nearly done, put 1/4 cup butter cut into pieces into the bottom of the pan. When the butter melts, baste with the liquid. Dredge a little flour over the chicken and baste again.

Roast the chicken and stuffing in a large shallow roasting pan for approximately 60-70 minutes or until a thermometer inserted reads 175 degrees.

Let chicken rest for 10-15 minutes before serving.

BRIEF HISTORY OF ICED TEA

The history of tea dates back about 5,000 years. Iced tea only goes back as far as the discovery of preserving ice.

Refrigeration as we know it today began in the eighteenth century. First came the ice house then the ice box. The first refrigerator patented was in 1830. Slabs of ice kept the contents cold and were delivered by an ice man.

Most tea plants arrived in America in the late seventeen hundreds when French explorer, Andre Michaux, imported it to wealthy Charleston, South Carolina planters.

In the early nineteenth century, English and American cookbook tea punch recipes were popularized. Green tea punches, not black, with sugar and heavily spiked with alcohol were served cold. These tea punches were named after George IV between 1811 and 1820 and after the King from 1820 to 1830.

Around the middle of the nineteenth century, American tea punches acquired regional and patriotic names such as Savannah’s Chatham Artillery Punch.

Copper kettle and trunk

Sweet Tea

Ingredients

2 ½ cups water 1 cup cold water

3 tablespoons organic loose black tea 6 tablespoons granulated sugar Mint sprigs for garnish (optional)

Bring 2 ½ cups of the water to boil. Add the loose tea to a small tea pot. Pour the boiling water over the loose tea and steep for 10 minutes. Strain the loose tea into a fine sieve over a large glass pitcher. Add 1 cup cold water to the tea mixture. Pour the sugar into the tea and stir. Add ice. Garnish with mint if desired.

Chatham Artillery Punch

Ingredients

2 gallons of black or green tea steeped overnight Juice of 30 lemons

5 pound bag of brown sugar 2 gallons of dark rum 1 gallon good brandy 1 gallon gin

1 gallon rye whiskey 2 gallons Madeira wine 2 quarts crushed fresh cherries, pits and stems removed (soaked overnight in the brandy) 2 quarts fresh pineapple chunks 10 quarts champagne

Mix all the ingredients above except the pineapple and champagne. This mixture may be stored in sterilized glass jars for up to 2 months. The longer the punch blends, the smoother it will be. When it is ready for serving, pour the punch into large punch bowls, and top with the pineapple and champagne. Add ice and let chill. Ladle the punch into tall glasses.

On September 28, 1890 an issue of the *Nevada Noticer* newspaper printed an article regarding the 1890 Missouri State Reunion of Ex-Confederate Veterans. The article clearly states iced tea has been around prior to 1890.

The difference between Southerner's and other states is sugar. In the South, Southerners drink sweet tea year round and elsewhere unsweetened tea is the tradition.

Boys in Blue

Chapter 12

SIEGE AT PETERSBURG, JUNE 1864

Each November, Sarah Josepha Hale, a distinguished magazine editor, wrote articles on how to decorate for the season, including poems, recipes, and information about family gatherings and feasts.

Her advocacy for Thanksgiving to be a national holiday began in 1846 and finally became successful after her third letter to President Abraham Lincoln. Her writings had gained such popularity with her readers for an official observation for Thanksgiving, two days prior to the proclamation she received notice from the Secretary of State informing her President Lincoln was considering her request.

On October 3, 1863, President Lincoln officially declared a Proclamation of Thanksgiving on the last Thursday of November.

Pres. Abraham Lincoln

Thanksgiving for Union Army, Navy, and Marines didn’t happen in 1863, but instead it was observed November 24, 1864.

Not every Union soldier fared as well as General Grant’s troops in the trenches of Petersburg, Virginia. Hungry Confederate troops in nearby trenches didn’t fare well either. But out of respect for the Union holiday, they ceased fire.

Family and friends back home decided to have food drives and collect funds to send Thanksgiving dinner packages to the Union troops. President Lincoln sent 6,000 turkeys to the siege lines at Petersburg.

The local residents were given permission to ship several foods to the Union soldiers by way of Army supply lines. Some of the foods were sent in ice packets and barrels by way of the James River.

Along with 120,000 turkeys and chickens, some of the soldiers enjoyed ham, potatoes, peas, fruit, nuts, cakes, pumpkin pie, mince pie and

puddings.

General Ulysses S. Grant ordered cranberry sauce to be included with the Thanksgiving shipment to his troops. The Union's fondness of cranberry sauce became a traditional accompaniment to turkey.

Another favorite of the men was oysters. Some of the soldiers enjoyed oyster soup and oyster stuffing with their meal.

Gen. Ulysses Grant

General Grant's favorite wine was Norton, a dry red wine.

Grant spent most of his early career as quartermaster.

OYSTERS

Early folklore states the best season for oysters is months with “R’s” in them; but the real reason was most likely due to transportation and refrigeration.

Oysters are fatter and taste better in the spring. During the summer, the oysters become thinner, watery, and are less flavorful. It used to be thought that oyster season for spawning was summer; but spawning is about temperature not seasons. Oysters resume their weight gain around October or November.

Blue Point Oysters

In the 1860’s, 12 million oysters were sold in New York. Oysters were cheap; rich and poor alike were devouring the slimy mollusks in stands, cafes, restaurants and saloons. The oysters were pickled, stewed, baked, roasted, fried, broiled and in soups and puddings. They were so plentiful they were eaten for breakfast, lunch and dinner.

Abraham Lincoln served nothing but oysters at parties at his Illinois home.

The men of William T. Sherman’s army headed from Atlanta to the sea. Most of the men had never seen an ocean. They set up camp and explored this new wonder. Every camp experimented with the use of oysters. When the men tired of the mollusks, they cooked a goose and stuffed it with oyster stuffing.

Oyster Dressing

Ingredients

1 loaf fresh homemade white bread, crusts removed and cubed 2 medium onions, chopped 2 celery stalks, chopped 2 teaspoons salt

1/4 teaspoon fresh ground black pepper 1 pint fresh oysters and their liquor 2 tablespoons chopped green onion including tops

Sauté the onions and celery in a large skillet until they become soft and translucent. Stir in the prepared bread cubes and then add the seasonings. Transfer the ingredients to a large bowl.

Place the oysters in a small colander over a bowl and drain the liquor; reserving for later. Cut the oysters in half. Place the oyster liquor in a small pan and bring to a boil. Reduce the heat to low. Add the oysters to the liquor and poach until the edges begin to curl. Drain the liquor into the dressing. Add the remaining ingredients and mix well. Great recipe for stuffing a goose.

Oyster Soup

Ingredients

1 quart oysters 1 pint whole milk 1 cup water

1 tablespoon unsalted butter 2 tablespoons all-purpose flour Salt and pepper to taste

Put the milk on to boil in a double boiler while you prepare the oysters. Place a colander over a pan. Put the oysters in a large bowl and pour 1 cup of water over them. Take up each oyster with the fingers to make sure no pieces of shell adhere to it and then drain in the colander through the finest strainer. Put it on to boil. Remove the scum and when clear, put in the oysters. Let them simmer, but not boil, until they begin to grow plump and the edges curl or separate. Strain the liquor into the milk. Put the oysters where they will keep hot but not cook.

Thicken the milk with the butter and flour which have been cooked together. Add salt and pepper to taste (the amount of salt depending upon the saltiness of the oysters). Boil 5 minutes and then add the oysters. Serve at once.

This recipe may be varied by boiling one cup of chopped celery and a slice of onion with the milk for 10 minutes. Strain the milk ingredients and thicken it with half a cup of powdered crackers. Add the butter, the seasoning, and the parboiled oysters. Serve at once.

Cranberry Sauce

Cranberry Sauce

Ingredients

3 cups cranberries, washed and picked over 1 1/4 cups granulated sugar 1 cup boiling water

Wash and check over the cranberries. Boil 1 cup water in a medium saucepan. Add the cranberries and sugar to the boiling water. Cover and boil for 10 minutes taking care not to let the sauce boil over. Skim the cranberry sauce and cool completely. Store in the refrigerator.

Roast Turkey

Roast Turkey

Preheat oven to 325 degrees

Ingredients

12-14 pound turkey
Unsalted butter
3 sliced carrots
3 celery stalks
Parsley
Thyme sprigs
Sage
Lemon

Remove the giblets and neck stuffed in the cavities of the turkey. Wash the turkey with cold water and pat dry. Brush lightly with melted butter. Place on a bed of carrots and celery in a large roasting pan. For a 12-14 pound turkey, roast breast side up for approximately 2 3/4 to 3 1/4 hours. You can baste the turkey with the pan drippings. The breast gets done before the dark meat. Cover the breast meat with foil if it gets too dark.

Glaze

1 cup apple cider
1/4 cup molasses

In the meantime, make a glaze with the apple cider and molasses. Combine the 2 ingredients in a saucepan and bring mixture to boil over high heat. Lower your temperature to a medium-low heat. Simmer the glaze for 5 minutes.

Raise your oven temperature to 375 degrees. Insert a meat thermometer approximately 2 inches into the thickest part of the meat to check the temperature. When your turkey reaches an internal temperature of 160

degrees, brush it with the glaze repeating every 10 minutes.

Place the turkey back into the oven. Watch the turkey carefully at this point. When the thermometer reads 165 degrees, remove the turkey from the oven. Cover the turkey and let it rest for 20 minutes before carving.

Prior to roasting your turkey, you can also stuff the cavity with 3 slices of lemon, a small onion, and a bunch of fresh thyme sprigs, sage and parsley.

Remove the ingredients in the cavity, place on a platter and garnish with fresh parsley, fresh cranberries, grapes or any other items which makes the presentation festive.

Potato Butter Rolls

Potato Butter Rolls

Preheat oven to 350 degrees

Ingredients

1 extra-large baking potato (peeled, cooked and mashed well to equal 1 cup) 1 package yeast
1 cup warm water
1 cup granulated sugar
1 teaspoon salt
3/4 cup unsalted butter 1 cup half and half, scalded 2 large eggs, well beaten 5 cups all-purpose flour 1 cup unsalted butter, melted

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This recipe makes over 4 dozen rolls. You might want to decrease it to half.

Place the mashed potato in a large bowl and set aside. Put the yeast in a small bowl with the warm water and set aside. Add the sugar, salt, and butter to the potato. Pour the scalded half and half over the potato mixture. Add the yeast, eggs, and flour and mix thoroughly. Cover the dough with a cloth and allow to rise 8 hours or overnight.

Roll the dough out to 1/2 inch thickness on a floured surface. Cut with a 2 1/2 inch biscuit cutter or the rim of a floured glass. Dip each roll into the 1 cup melted butter; fold in half. Place on a lightly greased baking pan approximately 1/2 inch apart. Allow to rise again for 1 hour. Bake in a 350 degree preheated oven for approximately 12-15 minutes or until golden.

Custer ate Potato Butter Rolls at Thanksgiving growing up. Another favorite recipe of Custer was Milk Toast.

Baker's Custard Pie

Baker’s Custard Pie

Unbaked 9-inch pie crust
Preheat oven to 400 degrees

Custard Pie Filling Ingredients

3 large eggs separated (whites and yolks beaten separately) 1 tablespoon sifted all-purpose flour

1/2 cup granulated sugar Pinch of salt

1/2 teaspoon vanilla 1/2 teaspoon freshly grated nutmeg 2 1/2 cups whole milk scalded (not boiled) and cooled to room temperature

In a large bowl, whisk the yolks till creamy.

Whisk together the sifted flour and sugar. Add it to the beaten egg yolks. Add a pinch of salt, vanilla and nutmeg. Add the beaten egg whites.

Mix the slightly cooled, scalded milk into the egg mixture a little at a time. Pour the custard into a sieve over the unbaked prepared pie crust to remove any egg particles. Place the pie in the preheated 400 degree oven and bake for approximately 40 minutes or until a knife inserted into the middle comes out clean. Don’t over bake. The center should be just barely set in the middle and a bit wiggly. The custard filling will set when it cools.

Cool on a wire rack to room temperature. Cover loosely with a foil tent and refrigerate 2 hours or overnight before serving.

Cucumbers Sliced

Cucumbers Sliced

Ingredients

2 medium cucumbers, thinly sliced 1 medium onion, thinly sliced

1/2 teaspoon salt 1/4 teaspoon fresh ground black pepper 3/4 cups cold water 1 1/2 cups cider vinegar

Wash your cucumbers. Slice the cucumbers thin. Lay them neatly in a large bowl or canning jar. Sprinkle lightly with salt and pepper. Next, add a layer of thin sliced onions. Repeat the process until all the cucumbers and onions have been used. Mix the vinegar and water together and gently poor over the cucumber mix. Cover and chill in the refrigerator. Good for up to 3 days.

General Ulysses S. Grant ate cucumbers every morning with his breakfast.

Roasting Fresh Pumpkin

Roasting Fresh Pumpkin

Preheat oven to 350 degrees

Ingredients

Fresh pie pumpkin (about 10 inches in diameter)
Oil
1 ½ cups water

Wash your pumpkin well and wipe dry. Slice the pumpkin in half vertically with a serrated knife. Clean out the seeds and stringy flesh; discard. Cool until just warm.

Brush the cut sides lightly with oil; turn cut side down onto the bottom of a roasting pan. Preheat your oven to 350 degrees. Pour the water into the bottom of your pan and roast the pumpkin for about 1 ½ hours or until flesh is tender.

Carefully remove the pumpkin from the skin. Discard the skin and mash the pumpkin smooth. If the pumpkin is a bit watery, place a piece of cheesecloth in a colander and squeeze the excess out. You can also pat the pumpkin with paper towels. One pumpkin makes about 4 cups or enough for 2 pies. The seeds may be planted the next year or roasted.

Pumpkin Pie

Pumpkin Pie

(2) unbaked 9-inch pie crusts
Preheat oven to 425 degrees

Ingredients

4 cups fresh pureed pumpkin (or 32 ounces pureed pumpkin) 1 1/4 cups granulated sugar 1 teaspoon salt
1 teaspoon ground ginger
1 freshly ground nutmeg or 2 teaspoons ground 4 large eggs, beaten
1 teaspoon cornstarch (whisked into 2 teaspoons of the whole milk) 1 1/2 cups whole milk 1/2 cup heavy cream

Place the unbaked pie crusts into the bottom of two 9-inch pie plates and flute. Whisk the sugar, salt, ginger and nutmeg together in a small bowl. In another bowl, beat the eggs.

Scrape the pureed pumpkin into the bottom of a large bowl. Add the beaten eggs, milk, cream, reserved milk with cornstarch and spices. Whisk all together well. Carefully pour the pumpkin pie mix into the pie plates with bottom crust. Bake at 425 degrees for 15 minutes.

Note: *Turn the oven down to 350 degrees*

Bake the pies at 350 degrees for approximately 55-65 minutes or until a toothpick inserted in the middle comes out clean. Cool on a wire rack for 2 hours. Refrigerate. The pumpkin pie mix can be stored for up to 3 days in the refrigerator.

Note: *If your pie crust edges begin to turn dark, cover them with foil.*

Sweet Potato Buns

Sweet Potato Buns

Preheat oven to 450 degrees for sweet potatoes

Ingredients

1 cup mashed baked sweet potatoes (approximately one and one-half baked sweet potatoes)
4 1/2 to 5 cups all-purpose flour
1/2 cup brown sugar
1/2 cup unsalted butter, melted
1/4 cup warm water
1 package instant yeast
3/4 cup whole milk
1 large egg, beaten
2 teaspoons salt
1/2 teaspoon ground cinnamon
1/2 teaspoon freshly ground nutmeg
Sweet Potatoes

Scrub the sweet potatoes and prick with a fork. Place the potatoes in a baking dish and bake at 450 degrees for 60-70 minutes. Remove from the oven and let cool. Discard the skin and mash the potatoes.

Add the package of instant yeast in the warm water. Sit in a warm place for 10 minutes or until the yeast doubles in size.

Combine the sweet potatoes, melted butter, sugar, beaten egg, milk and stir to make a paste. Mix in 2 cups of flour, salt, spices and yeast mixed in warm water, letting it sit until thoroughly combined. Add more flour, one-quarter cup at a time. Mix after each addition until you have a dough that is tacky but which you can handle with your hands. When the mix reaches the right consistency, remove from the bowl and knead 5-10 minutes. Set the dough aside and let rise in a warm area in a covered bowl for 45 minutes to 1 hour.

Note: *Turn oven down to 375 degrees for the buns.*

Divide the dough into approximately 12-18 pieces, shape into discs and place on the lightly greased cookie sheet; covering with a towel. Allow the dough to rise approximately another hour or until the buns have doubled in size.

Bake the buns on lightly greased cookie sheets for approximately 20 -25 minutes or until they begin to turn brown. Cool on a wire rack. Serve with warm butter and honey. This recipe is great for teas and breakfast.

Sweet Potatoes: Fresh (top) and Glazed (bottom)

Glazed Sweet Potatoes

Preheat oven to 350 degrees

Ingredients

5-6 large sweet potatoes (approximately 4 pounds)
Water
3/4 cups brown sugar
1/2 cup unsalted butter, sliced into bits
1 teaspoon salt
1/2 teaspoon fresh ground black pepper

Wash the sweet potatoes and place in a colander to drain. Cut them lengthwise into quarters. Place in a large stockpot with enough water to cover them. Boil the potatoes for approximately 20 minutes or until slightly underdone. Pour into a colander and drain. Run cool water over them to stop the cooking process. Peel the potatoes and cut into chunks.

Place the sweet potato chunks into a 9 x 13-inch buttered baking dish. Sprinkle the potatoes with salt and pepper and add the bits of butter. Top with brown sugar and bake in a preheated 350 degree oven for approximately 30 minutes or until a nice brown.

French Almond Cake

Mary Todd Lincoln

French Almond Cake

Preheat oven to 350 degrees

Ingredients

1 cup unsalted butter 2 cups granulated sugar 1 cup whole milk
6 large egg whites
3 cups all-purpose flour 1 cup chopped almonds, ground into a fine powder 3 teaspoons homemade baking powder Pinch of salt
1 teaspoon vanilla
2 tablespoons slivered almonds for topping Confectioners' sugar for dusting top of cake

Cream the butter and sugar together until fluffy. Sift the flour and baking powder together. Fold into the creamed sugar mixture alternating with the milk until mixed thoroughly. Mix the ground almonds into the batter just until blended.

In a clean, dry, medium bowl, beat the egg whites until they form stiff peaks. Add a pinch of salt to the eggs to stiffen quicker. Fold the egg whites into the batter; add the vanilla. Pour the cake batter into a greased and floured Bundt pan lined with parchment paper. Sprinkle the 2 tablespoons slivered almonds over the batter. Bake in a preheated 350 degree oven for approximately 50-55 minutes or until a toothpick inserted comes out clean.

Cool the cake in the pan for about 20 minutes. Carefully invert onto wire rack. Cool completely. Top with sifted confectioners' sugar and slivered almonds.

Union Soldiers

Chapter 13

SHERMAN'S MARCH TO THE SEA

On March 17, 1864 General Ulysses S. Grant met with General William T. Sherman in Nashville, Tennessee. Grant informed Sherman of his grand strategy against Confederate forces. He would be field commander of three armies under his charge.

As Commander of the Western Theater, Sherman marched to Atlanta, Georgia the first two days of September, 1864, which culminated in Atlanta's seize and capture. This defeat was credited with saving President Lincoln's reelection.

Sherman's March to the Sea began on November 15, 1864. During the march, Sherman's army was forced to live off the land. He gave strict orders to forage from the locals. His men became known as "bummers".

Sherman's men marched southeast, destroying manufacturing plants, agricultural infrastructure and wrecking rails by heating them around trees. This practice became known as "Sherman's Necktie".

On December 10th, Sherman arrived in Savannah, Georgia. The Confederate armies evacuated the seaport on December 21, 1864. Sherman telegraphed President Lincoln, "I beg to present to you as a Christmas gift the City of Savannah". In Lincoln's reply, he expressed many thanks. The gift in all actuality was the beginning of the end of the Civil War.

BOILED PEANUTS IN THE CIVIL WAR

The peanut was known in Peru around 1200 to 1500 B.C. Well preserved peanut plants have been found in Inca mummy bundles and burial sites.

Before the Civil War, peanuts were called groundnuts, goober peas, monkey nuts, pindars, and goobers. The name “pindars” and “goobers” are African tribal words.

The peanut is really a legume like a pea. Dealers of other edible nuts thought the peanuts were only fit for the poor.

Union General William T. Sherman led his troops on their march through Georgia in 1865. The Confederacy was split in two and deprived of supplies.

Confederate soldiers roasted and boiled the freshly pulled (raw-green) peanuts over campfires. The peanuts were also used as a cheap form of coffee. No one knows who came up with the idea of adding salt, but it has been used as a preservative since ancient times.

After Appomattox (April 1865), soldiers returning home brought back peanuts to places where they were unknown. Within the next five years, peanut production increased by two hundred percent.

Peanut Candy

Peanut Candy

Ingredients

1 cup granulated sugar 1 cup molasses 1 cup shelled, blanched peanuts

Boil molasses and sugar together until it becomes brittle when a pinch is dropped into a glass of cold water. Stir in the peanuts. Remove the mixture from the fire.

Pour out onto a buttered cookie sheet and mark off squares before the mixture cools.

Doughnuts II

Doughnuts II

Preheat lard to 370 degrees

Ingredients

4 cups all-purpose flour 1 1/2 teaspoons salt 1 3/4 teaspoons baking soda 1 3/4 teaspoons cream of tartar 1/4 teaspoon freshly grated nutmeg 1/4 teaspoon ground cinnamon 1/2 tablespoon unsalted butter 1 cup granulated sugar
1 cup homemade buttermilk 1 large egg, well beaten Lard for frying

Put flour in shallow pan. Whisk in salt, soda, cream of tartar, and spices. Work in butter with tips of fingers. Next, add sugar and egg well beaten. Last, add the buttermilk. Stir thoroughly and toss on board thickly dredged with flour. Knead slightly, using more flour if necessary.

Pat and roll out the dough to 1/4-inch thick. Shape and fry in a large Dutch oven at 370 degrees. Drain on a cloth napkin. Buttermilk doughnuts are turned as soon as they come to the top of the fat and frequently afterwards with a slotted spoon.

Sprinkle with sugar and cinnamon.

You can use a doughnut cutter or a 2 1/2 -3 inch biscuit cutter. Don't make these too large without a whole in the middle or the dough will be raw inside.

OVERVIEW OF JUMBLES

The word “jumble” is derived from the Latin gemel, meaning “twin”, because of their shape. The use of the word “jumble” for cookie predates the use of the word “jumble” to indicate a mixture of stuff possibly allowing for the pastry as the origin of the modern meaning.

Jumbles were widespread in Europe by the 17th century. It most likely originated in Italy as the cimabetta.

Jumbles were most likely brought to America by travelers on the Mayflower.

The jumble was originally twisted into various knot patterns or intricate loops. The twisted shapes were then boiled in water. By the late 18th century, jumbles became rolled cookies, similar to our modern sugar cookies without the leavening agents.

Early flavoring agents were aniseed, coriander, caraway seeds, and rosewater. When the cookie was adapted in America, it was a thin crisp cookie using grated lemon zest as the flavoring.

Jumbles were known by many variations of the name including: *jambal*, *jemelloe* and *gemmel.*

Other spellings of jumbles were; *jambals*, *jumbals*, *jumbolls*, *jumbolds*, and *jumballs.*

Jumbles

Jumbles

Preheat oven to 375 degrees

Ingredients

2 cups all-purpose flour
1 1/2 teaspoons cinnamon 1 teaspoon freshly ground nutmeg
1/2 teaspoon crushed caraway seeds 1 pinch salt
1 cup unsalted butter, at room temperature 1 cup granulated sugar, plus 2 tablespoons 3 large egg whites, beaten to a froth 3 tablespoons Rose Water
Confectioners' sugar to dust cookies

Cream the butter and add the sugar; mix together well. Add the Rose Water and beaten egg whites to the sugar mixture and mix until smooth.

In a large bowl, sift together the flour, salt, cinnamon, nutmeg and ground caraway seeds. Add the sifted flour into the sugar mixture and combine until smooth. Refrigerate dough until firm.

Flour a wooden board and lay the chilled dough on it. Flour your hands and divide the dough in equal portions; forming dough into ropes. Make the ropes into rings by joining two ends. Place the jumbles on slightly buttered pans so as not to touch each other. Bake in a preheated 375 degree oven for about 10-12 minutes depending on width of the ropes. They should be a light brown color. If your rolls are thin, they might spread into each other and be done in about 6 minutes.

Place Jumbles on a wire rack and dust with confectioners' sugar. Cool completely before storing in a container.

ROSE WATER

Gather organic, pesticide-free, damask rose leaves. Have a tin pan that will fit under your warm-pan; wring a thin towel out of water, spread it over the pan, and put the organic rose leaves on this about two-inches thick; put another wet towel on top of the leaves, and three or four thicknesses of paper on it; put hot embers in the warming pan, and set it on top of the paper, propped up so as not to fall. When you renew the coals, sprinkle the towel that is at the top of the organic rose leaves; when all the strength is out of the leaves, they will be in a cake; dry this, and put in your drawers to scent the clothes; put another set of leaves in, sprinkle the towels, and so on till you have used up all your rose leaves. Rose water is a very nice seasoning for cake or pudding; it should be kept corked tightly.

You can purchase Rose Water in the ethnic section of large grocery stores.

Candied Orange Slices

Candied Orange Slices

Ingredients

1 large organic navel orange, sliced crosswise with a sharp knife so thin you can see through it (approximately 6-8 slices) 1 ½ cups granulated sugar 1 ½ cups water

Combine the water and sugar in a medium bowl. Pour into a very clean large heavy skillet and bring to a boil until the sugar is dissolved.

Add the orange slices in a single layer to the pan. Reduce the heat to medium-low and gently turn the orange slices occasionally. Heat the sugar liquid and orange slices until the orange skin and whites are translucent; about 30-40 minutes.

When the orange slices are translucent, remove the pan from the heat and let the orange slices cool in the syrup.

Carefully transfer the orange slices in a single layer to a rack lined with parchment paper with a spatula. Cool completely.

Decorate the top of your Orange Cake with the cooled slices or place them in your refrigerator in an airtight container for up to 2 weeks.

Lemon slices can be done in this manner.

CIVIL WAR CHRISTMAS, HARDSHIPS, AND TRADITIONS

Many customs we associate with Christmas today were celebrated in the 1840's.

We attribute Clement Clarke Moore for his 1822 poem, "A visit from St. Nicholas", which led to the Santa Claus we have today.

Around the 1850's, Godey's Ladys' Book, The Vogue of the Day, featured a story about Queen Victoria and her German husband, Prince Albert; which included the infamous Christmas tree. The Christmas tree was originally a German custom which Prince Albert brought to England.

Americans soon adopted the tradition and began cutting small evergreens to decorate their homes. The tabletop trees were adorned with mistletoe, candles, fruit and greenery.

Another tradition was Christmas caroling. Americans began singing, "It Came Upon a Midnight Clear", "Oh Little Town of Bethlehem", and "Away in a Manger" in public places.

In December 1853, Robert E. Lee, the Superintendent of West Point, adorned his Christmas tree with dried and sugared fruit, popcorn, ribbon, spun-glass ornaments and silver foil.

A Southern Christmas feast at this time might consist of baked ham, oysters, turkey, cornbread stuffing, squash, cabbage, potatoes, sweet potatoes, carrots and apples; most of which were stored in root-cellars. Tables were filled with the best preserves, pickles, relishes, breads, pies and puddings.

Some of the foods which remain a favorite today are mincemeat pie, egg nog, fruit cake, peanut brittle and plum pudding.

For African American slaves, the Christmas season meant cooking, housekeeping and other chores. They were often rewarded for their hard work with one or two days off to celebrate the holiday. There would be dancing, visiting with loved ones, and a feast of their own. Some were even given an annual clothing allotment.

By Christmas 1860, many worried this Christmas would be the last joyful celebration before the outbreak of the war.

Abraham Lincoln became the sixteenth President of the United States in March 1861. After the bombardment of Fort Sumter in April, Southern states seceded and the Confederates claimed their first victory at the First Battle of Bull Run/Manassas.

Early in the war soldiers' spirits remained high. Men celebrated by participating in greased pig catching contests and foot racing. The soldiers were still well fed and equipped. Everyone anticipated a short war. Some soldiers even erected evergreens in front of their tents which they strung hardtack and pork on. Christmas boxes arrived from home filled with letters from loved ones, pies, snickerdoodles, fruit cake and knitted scarfs.

Spinning wheel

Woman knitting

By Christmas 1862, *Harper's Weekly* illustrator, German immigrant Thomas Nast, a staunch Unionist, had allied the cherubic and potbellied Santa Claus bringing gifts of *Harper's Weekly* to the Union soldiers.

It was also Nast who fixed Santa's home and toy workshop address at the "North Pole". This was so no nation could claim Santa Claus as their own.

Thomas Nast was the first to combine imagery and commercialism in the marketplace of Santa Claus.

One of the earliest depictions of Santa Claus crawling down a chimney is found in a drawing appearing in the January 1863 issue of *Harper's Weekly*.

The longer the Civil War continued, it tore the country in two and brought pain and suffering to families. The worn-out railroad running to the south could not bring them enough supplies. The people of the South were depleted. Soldiers would not be receiving Christmas boxes this year.

During the final Christmas of the war, notable residents of Richmond, President Jefferson Davis, his wife Varina and their children hosted a festive holiday for children at St. Paul's Episcopal Church.

A Christmas tree was decorated with holly, homemade candles, dolls made out of hickory nuts, and Canton flannel ornaments. There were numerous other homemade presents; including tea, coffee and sugar.

Orphans sat enthralled until the last Amen had been said. Then they slowly gathered around the Christmas tree to receive a present.

Christmas decorations at this time in the South consisted of colored pictures by children along with popcorn and red berries. Children hung stockings invitingly for Santa Claus.

Northern children still received gifts and treats because their economy had expanded.

Confederate soldiers ate hardtack soaked in cold water and then fried in pork grease.

Sherman’s March to the Sea had been a success. On December 10, 1864, Sherman and his men arrived in front of Savannah. The Confederate armies evacuated the seaport on December 21. Sherman telegraphed President Lincoln on December 22, 1864 to present the City of Savanna to him as a Christmas present.

General Sherman’s men felt bad for the impoverished Southern children. The men attached tree branch antlers to their mules and horses and delivered food to the starving families.

Fruit Cake

Fruit Cake

Ingredients

1 pound unsalted butter, at room temperature (butter cannot be substituted)
1 pound granulated sugar
1 pound all-purpose flour (sifted with spices)
12 large eggs separated, at room temperature
1 pint good brandy or liquor of your choice
1/4 pound blanched almonds, chopped (4 ounces)

Spices

1 teaspoon ground allspice
1/2 teaspoon ground mace
1/2 teaspoon ground cloves

Fruit

2 pounds seeded raisins, chopped (I prefer golden)
3 pounds currants (carefully looked over for stems)
1 pound of citron, chopped
1/4 pound orange peel, chopped

The fruit: *Always use the best quality of dried fruits. You may use "organic" fruit, but make sure it is not discolored or over-dry.*

If you use candied fruit, rinse the fruit in cold water to get rid of some of the sticky glaze. Dried fruits will absorb alcohol, but candied fruit does not readily soak it up.

To make fruit and nut recipe substitutions, add up the total amounts in the recipe and then use your preference.

Cut up your fruit with a knife or kitchen shears. If your fruit is too sticky, you can dust the fruit lightly with powdered sugar. Place the chopped fruit in a very large bowl or roasting pan to mix.

Pour the pint of brandy over the fruit and mix well with a wooden spoon. Place in a very large airtight container and macerate for up to 72 hours.

Some fruit alternatives are: dried apples, pineapple, coconuts, cranberries, peaches, bananas, pears, blueberries, date bits, mango, papayas, cherries, figs and apricots. Be sure to use only a small amount of apricots or they will over-power the rest of the fruit.

The spices: *Whole spices ground in a coffee grinder or spice grinder are best. Due to the intense flavor of fresh spices, you may want to decrease the amount of spices. If you prefer the store-bought ground spices, make sure they haven't been sitting in your cupboard for years. Always use the freshest ingredients you can find.*

Nuts: *When you chop your nuts, be careful not to make the pieces too small. Use only fresh nuts. You may substitute the almonds for pecans, English walnuts, filberts and hazelnuts. If you have the time, crack the nuts yourself. Store the extra nuts in an airtight container in your freezer.*

Pans and Equipment

Always use a wooden spoon to mix the Fruit Cake

A fruit cake is best baked in a decorative ring mold, Bundt pan, or tube pan. Other pans used are round cake pans, bread pans and cupcake pans. Whatever pans you choose, you'll need to line them with parchment paper. Fruit Cake is very sticky and hard to get to release from the pan if you skip this step.

Non-stick is no exception to the rule. Baking parchment paper is the best choice.

Make templates for the bottom and sides of your pans out of the parchment paper, or brown paper. Next, butter the insides and bottoms of your pans. Butter the front and back of your templates. Attach the templates to the buttered pans as you would wallpapering a room; leaving no bubbles.

Batter

Use two very clean bowls. Have a very clean whisk and egg separator ready. Make sure your equipment is dry. Eggs need to be room temperature. Separate the eggs using the egg separator. Be very careful not to get any egg yolk in the egg whites. Don't whisk the egg whites yet.

Cream the sugar and butter together with a wooden spoon. Add the egg yolks to the sugar mixture.

Sift the flour and spices together two to three times. Sprinkle a small amount of the flour spice mix over the fruit to keep the fruit from sticking. If your fruit still has too much liquid, you can add a little extra flour.

Add the spiced flour to your creamed sugar and butter a little at a time. Stir the batter into the fruit mixture using a large wooden spoon or your hands. Next, add the chopped nuts.

Last, fold in your egg whites which have been whisked or beaten until they are very stiff.

Whisking Egg Whites

First, make sure your whisk and bowl are absolutely clean and dry. Your egg whites need to be room temperature. If there is any residue or hint of egg yolk, it will interfere with this process. Egg whites are particular especially without cream of tartar. Make sure you have time for this very important procedure. Once you begin the process, don't stop. The eggs are best whisked if they are at least seven days old.

Start with a pinch of salt in the egg whites, which will help firm up the eggs. About a fourth of the way of whisking the egg whites, you can add a drop or two of lemon juice.

If, your whites are not stable toward the end, or you have over beaten them, whisk 1 tablespoon of sugar into the egg whites for about 15 seconds. This will stabilize the foam. Immediately fold the egg whites into the fruit

and nut mixture.

If after the egg whites have been whipped, any water has developed in the bottom of your bowl and the egg whites are floating over it, don't put the water into your fruit cake batter. Drain the liquid off. This will not produce a good cake.

Baking

Fill your selected pan two-thirds full, pressing the batter into corners of the pans and leveling.

Make a cover for your fruit cakes out of brown paper bags. Don't use the part of the bags with writing. Butter both sides of the brown paper. Cover the top of your fruit cake and pans with buttered paper. Leave the brown paper on for the first 2 hours or longer if the tips of your cakes are turning too brown. This step helps keep the tops of the fruit cake from burning.

Have a pan ready with hot water and place on the bottom rack of your oven. This step will keep the tops of the cake moist. Remove the pan of hot water the last hour or the cakes will become too moist.

Place the covered pans in a cool oven. Turn the oven on to 250 degrees. The length of time for baking depends on the size of your pans.

A small pan takes approximately 1 1/2 hours. A 10-inch tube pan takes from 3 hours and 15 minutes to 3 and one half hours. A 10-inch round cake pan takes about 3 hours to 3 hours and 15 minutes. Baking time for other pans can vary from 1 1/2 hours to 4 hours.

Testing Cakes

When your cake looks done and springs back when you touch it, or the sides are beginning to come away from the pan, test your cake with a toothpick. If the toothpick comes out clean, your cake is done.

Immediately remove the cake from the oven to a wire rack. Spritz the top of the hot cakes with more brandy.

To Remove Cakes from Pans

When the cake has completely cooled, use a plate larger than the pan the

cake is in and carefully invert. Repeat this process once more to get the cake upright. If you have buttered and lined your pans properly, the cakes will slide out. If any areas of cake look even slightly stuck, use a thin sharp knife and run it carefully down the sides and edges of the pan.

Storage

For a short-term storage, cut a piece of cheesecloth large enough to fit around the fruit cake. Soak the cheesecloth in brandy. Muslin is better for long-term storage.

Lay out a piece of plastic wrap on your counter larger than the fruit cake or pan it is in. Place the “soaked” not drenched, cheesecloth around the entire fruit cake. Next, wrap the plastic wrap around the wrapped fruit cake; sealing it completely. Last, cover the wrapped fruit cake tightly with aluminum foil. Place all in a large sealable freezer bag, tin, or an airtight container.

Do not apply more alcohol than the cake can absorb. You may spritz the cake every two to three days or for longer storages once a week. Fruit cake is better as it matures. It takes four to six weeks to fully ripen. Store the Fruit Cake in a cool dark place. For Christmas gifts, start your cakes in the middle of November

When you serve your fruit cake, use a thin sharp knife dipped in hot water to cut the slices.

Many people dislike Fruit Cake today due to its inferior flavor. Nothing beats a cake made from scratch using natural dried fruits and the best spices. Fruit cake is as healthy as most fruit bars. Why not make this special cake with your children and serve as snacks all year round?

PACKAGES FROM HOME

The arrival of mail from home was a reason to celebrate no matter where the soldiers were. A soldier would read his letter over several times.

Packages from home might contain new socks, underwear, shirts, soap, towels, comb, toothbrushes, sewing kits, fruits, nuts, condensed milk, canned vegetables and baked goods such as fruit cake, jumbles and snickerdoodles. Some prisoners were even allowed care packages from home.

Relief Societies were a group of women who supported their men by organizing sewing circles to sew shirts, quilts, knit socks and gather food items to be sent to the troops.

The Societies' also created care packages filled with jams, jellies, breads, cookies, fruits and vegetables.

S.A.S. quilt

Popcorn Balls

Popcorn Balls

Ingredients

3 cups popped corn
1 cup molasses
1 cup brown sugar
1 tablespoon white vinegar

Boil the molasses, sugar and vinegar until it threads. Pour over the 3 cups cooked popcorn; form into balls carefully.

Five Forks

Chapter 14

FIVE FORKS

April 1, 1865 Pickett suffered humiliation. He was two miles away from his troops at the time of the attack, enjoying a shad bake north of Hatcher's Run with Major Generals; Fitzhugh Lee and Thomas L. Rosser, leaving his men leaderless. By the time he returned to the battle it was too late.

The enduring "shad bake controversy" was created by General Thomas Rosser, (Cavalry Commander and host of the shad bake) and Colonel Thomas T. Mumford (Cavalry Commander) in their post war publications.

The shad bake was one of the most famous lunches ever prepared. General Pickett was entitled to have lunch, but he should have told a subordinate where he would be. The generals got back to their men about three hours later; the Confederacy had lost the battle.

Fried Catfish

Fried Catfish

Ingredients

Melted lard or peanut oil 4 medium catfish fillets 1 cup homemade buttermilk (to presoak the catfish in) 1 cup whole milk
1 cup stone-ground yellow cornmeal 2 teaspoons salt
1 teaspoon fresh ground black pepper Lemon wedges

Soak the catfish fillets in buttermilk for one hour or overnight in a refrigerator to remove the mud flavor or fishy taste.

Rinse your catfish in cold water and then pat dry with a cloth napkin. Place the fish in a pie plate or shallow pan and pour the 1 cup cold whole milk over the fish.

Mix the cornmeal, salt and pepper together in another pie plate. Place the catfish fillets soaked in the milk one at a time in the cornmeal mixture; coating them evenly. Lay them separately on a large plate for 5 minutes to let the batter dry out a little.

Heat enough lard or oil in a cast-iron skillet to fry. Don’t overcrowd the oil with fillets or the temperature will decrease. Be careful not to let the oil spill over the pan. Cook the catfish fillets for approximately 6-7 minutes on each side or until fork tender. Remove the fillets from the pan and drain. Serve with lemon wedges and hush puppies.

Officers purchased their own rations.

Fried Hush Puppy Recipe

Preheat lard to approximately 375 degrees

Ingredients

4 cups melted lard
2 cups stone-ground yellow cornmeal 1 cup all-purpose flour 1 large egg, well beaten 3/4 teaspoon salt 1/4 teaspoon baking soda 2 cups whole milk
1 cup water

Heat 2-3 inches of oil over medium heat (approximately 375 degrees).

Mix the cornmeal, flour baking soda, and salt together. Add the milk, water and beaten egg to the dry mix. Mix the batter together until it is smooth and free of lumps. The batter should be stiff. If it is too thin, add a small amount of cornmeal a little at a time. If the batter is too dry, add a small amount of milk a little at a time. Let the batter set for 5 minutes.

Use two spoons. Use the first spoon to dip into the batter; use the second spoon to quickly push the batter down the first spoon into the heated oil. Cook about 5-6 hush puppies at a time so as not to cool off the oil or overload the pan. After about 10 seconds the hush puppies should begin to float to the top of the oil. Turn the hush puppies to brown on all sides. The hush puppies should be a golden brown in about 5 minutes. Drain on a cloth napkin. Repeat this process until all the batter is used.

The recipe makes about 2 dozen hush puppies. This is a great accompaniment to catfish.

SHAD OVERVIEW

The Latin name for shad is *sapidissima, meaning* “most delicious”.

American shad was one of the first important fishing industries in the nineteenth century. The shad was introduced to the Pacific Coast by one of the most well-known fish culturists, Seth Green.

Shad are biologically part of the herring fish family. They go to the ocean as adults, returning to spawn when they are three to five years old. The female may spawn several times during the migration and produce between 200,000-250,000 eggs in a year.

Small adults are approximately 2 pounds while large females are frequently 6-7 pounds and have been known to reach 13 pounds.

Shad is a sweet tasting fish earning the name “poor man’s salmon”, while the “roe” or eggs are considered a delicacy.

The Battle of Five Forks might have turned out differently if it wasn’t for the shad run on April 1, 1865.

Planked Shad Bake

Ingredients

3 fresh whole shad fillets (about 4 pounds) 6 slices salt pork Salt to taste Unsalted butter

Prepare your fire-pit with soft wood. Scale and clean the shad. Split it down the back-bone so that it will lie open without being split in two. Dry with a cloth. Sprinkle salt and pepper on them.

Have a plank seasoned oak ready that is 3-inches thick and about 2 feet long by 2 1/2 feet wide. Place the shad skin side down on the plank. Place 2 strips of salt pork across each fillet. Nail through the salt pork and shad with large-headed nails.

Prop the plank upright at an angle about 6 inches from the fire. Bake 15 minutes and flip plank so the end closest to the ground is now on top. Bake approximately 15 minutes more or until the fish flakes easily. Spread with butter and serve on the plank.

Whitefish from lakes can be cooked in this manner.

Fried Perch

Fried Perch

Ingredients

4 fresh perch fillets
1 1/2 cups all-purpose flour 1/2 teaspoon salt 1/2 teaspoon fresh ground black pepper Unsalted butter, melted Lard for frying

Clean the fish nicely. Soak the fresh fillets in a bowl of ice water for half an hour. Rinse the fish and pat dry with cloth.

Place enough lard in a cast-iron pan to equal about 1/2 inch deep. Preheat the lard to 350 degrees.

In a shallow bowl or baking tin mix together the flour, salt and pepper. Dredge the fillets in the flour mixture. Carefully place the fillets in the hot lard being careful not to overcrowd the pan. Brown the fish on both sides.

Drain the fish on a cloth to remove excess grease. Place melted butter in a boat and send to table.

Civil War Generals at Appomattox

Chapter 15

APPOMATTOX

April 9, 1865 General Lee stood under an apple tree to dispatch surrender to General Ulysses S. Grant. Every twig and limb was cut by the men as souvenirs. They even dug up the roots.

General Lee was dressed in a new uniform and wearing a valuable sword. Grant and Lee wanted to get to the business at hand. He wanted to know the terms Grant proposed to his army. Grant asked Lee to have his men merely lay down their arms. The two men continued with their conversation about subjects not pertaining to the day's events.

After a while, Lee interrupted the conversation by suggesting that the terms of surrender of the Army of Northern Virginia should be written down.

After all was said and done, Lee asked Grant for rations and forage for his men. Grant authorized Lee to send his own commissary and quartermaster to Appomattox Station where he could have all the provisions he wanted.

A soldier chops vegetables

Just before Lee’s surrender at Appomattox, one of his nephews found him on the field, “very grave and tired; carrying around a fried chicken leg wrapped in a piece of bread which a Virginia County woman had pressed upon him, but for which he couldn’t muster any hunger”.

Fried Chicken

Fried Chicken

Ingredients

2 1/2 to 3 pound broiler-fryer chicken, cleaned and cut up 1/2 cup all-purpose flour 1 teaspoon salt

Pinch of cayenne pepper 1/2 teaspoon fresh ground black pepper 2 large eggs

2 tablespoons water

2 cups cracker crumbs

Lard for frying

Clean and rinse chicken under cold water. Pat the chicken dry with a cloth.

Mix the flour, salt, cayenne and black pepper in a pie tin or shallow pan. In a medium bowl, whisk together the eggs and water. Place the cracker crumbs in an additional pie tin.

First coat the chicken in the flour, dip the floured chicken into the egg mixture, and then coat the chicken with the cracker crumbs.

Heat lard to about 1/4-inch deep on medium-high in a 12-inch cast-iron pan or larger if needed. Cook chicken pieces in a single layer until light-brown on all sides or about 15 minutes. Reduce the heat to simmer. Cover and cook for approximately 30 minutes more; turning chicken pieces to cook evenly on all sides. Larger pieces will take longer than the wings and legs.

Remove the cover to crisp up the chicken the last 5 minutes of cooking. Drain on a cloth.

Lee told Mary Chesnut he only wanted a Virginia farm with no end of cream, fresh butter, and fried chicken. Not one fried chicken or two, but unlimited fried chicken.

At the close of the war, General Lee said to General Grant, "Grant, you didn't whip me, you just overpowered me." General Lee surrendered the Army of Northern Virginia to Grant. There is a famous tale

regarding the aftermath of the surrender. General Lee retired to his tent and did not remerge for a day. William Mack Lee remained loyal watching the tent without moving.

Custer was with his division when a Confederate galloped toward him waving a towel of truce tied to a branch. Custer promptly reported to General Sheridan that Lee had thrown up the white flag.

Gen. George Armstrong Custer

Custer invited prisoners Kershaw and Huger to a fine dinner of Southern dishes. The two men were also from West Point.

The table used for the surrender was presented to Libby Custer by Sheridan.

Major General Custer received the first flag of truce on the surrender of Lee by a member of General Longstreet's staff. Custer was also the first man of the Army of the Potomac to take colors from the enemy.

Bread Pudding with Custard Sauce

Bread Pudding with Custard Sauce

Preheat oven to 350 degrees

Ingredients

2 cups whole milk
1/4 cup unsalted butter 3/4 cup packed brown sugar 3 large eggs, beaten
1 teaspoon ground cinnamon
1 teaspoon freshly ground nutmeg 3 cups day-old bread (torn into small pieces) 1/4 teaspoon baking soda dissolved in 2 teaspoons hot water Custard Sauce

In a medium saucepan, over medium heat, heat the milk just until a film forms over the top. Add the butter and stir until the butter is melted. Cool to lukewarm.

Place the sugar, eggs, cinnamon, nutmeg and soda mixed in the hot water in a medium bowl. Whisk all the ingredients together. Slowly add the milk and butter.

Place the bread pieces into a 1 1/2 quart lightly buttered baking dish. Pour the batter over the bread. Bake in a preheated 350 degree oven for 45-50 minutes or until a knife inserted in the middle comes out clean. Serve warm with Custard Sauce.

Custard Sauce

Ingredients

2 cups whole milk 4 large eggs, beaten 1 cup fine sugar 1 ½ tablespoons cornstarch Pinch of salt

1 teaspoon vanilla 1 tablespoon brandy

Scald milk in a double boiler being careful not to let the milk boil.

Whisk the eggs, sugar, salt and cornstarch together. Gradually add the egg mixture to the milk. Stir the mixture until it thickens and coats the back of your wooden spoon; about 25 minutes. Remove the pan and add the vanilla and brandy.

Place the custard sauce in a medium bowl and set it in a pan with boiling water. Keep the sauce warm until you are ready to eat the bread pudding.

PHOTO CREDITS

Every effort has been made to correctly attribute the photographs reproduced in this book. If any errors have been made, the publisher will be happy to correct them in the future editions.

Photos of Civil War re-enactor generals, President Lincoln and the lovely Mrs. Lincoln were portrayed by the following:

General George Armstrong Custer is re-enactor Tom Peacock.
General Robert E. Lee is re-enactor Paul Wood.
General Ulysses S. Grant is re-enactor Larry Werline.
President Abraham Lincoln is re-enactor Max Daniels.
Mrs. Lincoln, re-enactor Donna Daniels, is included on the page with French almond cake.

If you would like to contact any of the above, please send Roxe Anne Peacock an email at: peacockroxeanne@yahoo.com or Tom Peacock at: oldcurly@msn.com.

Tom George Davison, Photographer

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Tom has been shooting the world around him since 1973 with various cameras and lenses with an eye toward being able to share the unique way he views the world with others.

Beginning with an old used rangefinder camera, moving up to film SLR's and now shooting with DSLR's, he enjoyed the many sites and people seen through the viewfinder. He has seen pollen fly off of the stamen on a beautiful flower after accidentally bumping it while shooting. He admired the majestic mountains out west. He uncovered the unbelievable detail on insects through macro lenses and captured the smiles of those enjoying what they do best.

For Tom, photography is being able to capture the awesome world around him and then being able to share it with others. Be it small or large, fast or slow, right in front of him or far off in the distance, it is all right there waiting to be seen.

Hopefully, by viewing his photos in this book, you will gain a better appreciation of the world around you and even better, he encourages you to take your camera and start capturing your world around you.

View all Tom's photography at the website above. Or better yet, contact him for your next photo shoot.

PHOTO LISTINGS OF TOM G. DAVISON PHOTOGRAPHY

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Roxe Anne Peacock

PHOTOGRAPHS BY ROXE ANNE PEACOCK

Blackberries, wild blackberry leaf, hot apple toddy, fried beefsteaks, cornbread, pheasant with wild rice and morel mushrooms, broiled quail, quince fruit, quince marmalade, ham sandwich, plain cold slaw, potato salad, deviled eggs, orange cake with orange filling and orange frosting, raspberry shrub, soda biscuits, fried rabbit with gravy, coffee can photo, corn pudding, mess kit, buckwheat cakes, cornmeal griddle cakes, fried cornmeal mush, mustard can, fried apples extra nice, apple fritters, applesauce, cider cake, Dutch-oven apple cake, hardtack and cutter, cooking salt pork & beans over the open fire, Confederate soldiers eating salt pork and beans, General Lee, 3 cigars wrapped in brown paper, mutton chops, hashed mutton with mushrooms, fried parsnips, pork apple pie, first rate western stew, tomato catsup, playing cards, Saratoga potatoes, bean pot, Boston baked beans, replica bean pot, Boston brown bread, bean soup, roast duck with orange sauce, oxtail soup, potato cakes, split pea and ham soup, homemade croutons, braised oxtail, onions and apples, veal croquettes, fried veal cutlets, mashed parsnips, Boston veal loaf II, potato soup, gingerbread, molasses cookies, biscuits, tomatoes, scalloped tomatoes, homemade bread crumbs, cream of tomato soup, pound cake, cupcake with chocolate frosting, lemon cookies, lemon butter, cucumber sandwiches, mint julep, golden spice cake, lemon biscuits, white bread, peach cobbler, cherry cobbler, cherry pie, flannel cakes, brandied peaches, lemons, lemonade, roast chicken with butter stuffing, cranberry sauce, roast turkey, potato butter rolls, baker’s custard pie, cucumbers sliced, roasting fresh pumpkin, pumpkin pie, sweet potato buns, sweet potatoes, glazed sweet potatoes, peanut candy, French almond cake, doughnuts II, jumbles, candied orange slices, fruit cake, popcorn balls, fried catfish and hush puppies, fried perch, fried chicken, bread pudding with brandy custard sauce, headshot Roxe Anne Peacock, Fatal Catch cover, Leave No Trace front cover by cover artist for Leave No Trace, Gemini Judson

SOURCES

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http://www.dirtybillyshats.com

Fall Creek Suttlery
http://www.fcsutler.com

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We are a full-line sutler providing re-enactors with all their reenacting supplies. Civil War reenacting uniforms, boots and brogans, equipment, reproduction Civil War gear, books, skillets, tin ware, leather goods, rifles and muskets and a hard tack cutter with recipe.

Heather Land

Photo courtesy of Heather Land

Heather is a full-time graphic artist consultant and designer. Her work has appeared on VH1's 40 Greatest One Hit Wonders of the '90's in the segment on Sex and Candy by Marcy Playground. The artwork featured was her work titled True Love - Peanut Butter and Jelly. She is also a graphic artist for the Eye Institute at the Medical College of Wisconsin and the cover artist for Roxe Anne Peacock. She also does freelance work for web designs, blogs, brochures, book covers, advertising items, brochures, banners, logos and artwork.

CivilWarLady, Joy Melcher

Civil War Day Dress

Photo courtesy of Joy Melcher

CivilWarLady.com and CivilWarLady.net supply the film industry, theater and re-enacting community with award winning historical gowns and accessories. Joy Melcher works as a costume designer, draper and wardrobe mistress throughout the country. From corsets to luxurious ballgowns her company can fill all your needs.

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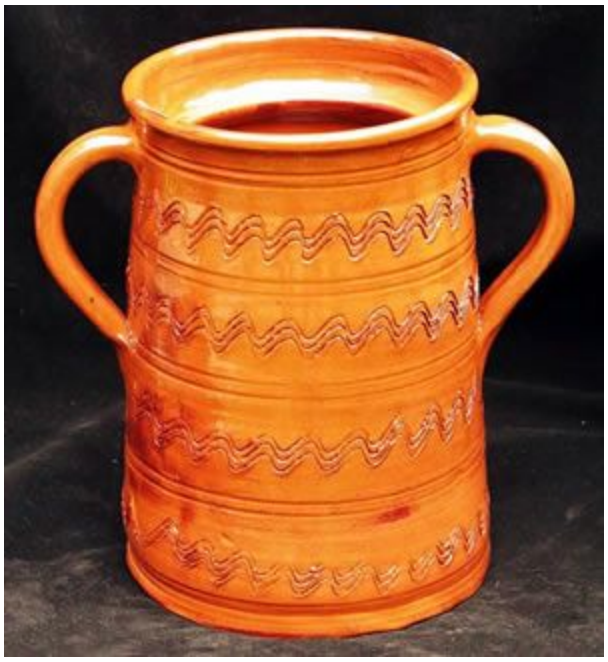

Photo courtesy of Rick Hamelin

My studio is "Pied Potter Hamelin". I make redware pottery and offer reproductions and original work for use by re-enactors, museums, and contemporary homes.

My wife's studio is "Kulina Folk art". She makes sgraffito decorated redware and offers for sale as well, reproductions and original work for use by re-enactors, museums and contemporary homes.

We also collaborate on projects.

Our main page is http://www.americanredware.com which gives you access to my product website, http://www.piedpotterhamelin.com and hers, http://www.kulinafolkart.com. I also give a link to my programs and lectures at http://www.piedpotter.com.

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Photo courtesy of Westmoore Pottery

Westmoore Pottery specializes in styles of pottery used in the 17th, 18th, and early 19th centuries. We supply pottery for furnishings and educational programs as well as wares for hearth cooks. All pottery is lead-free and food-safe.

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MEASUREMENTS & SUBSTITUTION CONVERSIONS

1 penny weight = 1/20 ounce 1 drachm = 1/8 ounce 1 salt-spoon = 1/4 teaspoon 4 salt-spoons = 1 teaspoon

1 dessert spoon = 2 teaspoons
1 gill = 1/2 cup 1 jigger = 3 tablespoons
1 pony = 2 tablespoons
1 wineglass = 1/4 cup 1 tumbler = 1 cup
1 teacup = 3/4 cup 1 coffee cup = 1 cup
1 large pinch = 1/8 teaspoon 1 small pinch = 1/16 teaspoon Dram = 1/8 ounce

The Size of Butter

hen's egg = 2 ounces
walnut = 1 tablespoon
butternut = 1 dessert spoon rounded filbert = 1 teaspoon rounded

Spices and Other Important Ingredients

1 ounce nutmeg pounded = 3 1/2 tablespoons 1 ounce allspice pounded = 4 1/2 tablespoons 1 ounce cloves pounded = 4 tablespoons 1 ounce ginger pounded = 5 tablespoons 1 ounce chocolate grated = 1/4 cup 1 pound confectioners' sugar = 3 1/2 cups 1 pound brown sugar = 2 1/2 cups packed 1 pound granulated sugar = 2 1/4 cups 1 pound butter = 2 cups

1 pound raisins = 2 1/4 cups 1 pound flour = 4 cups depending on type or 1 quart 1 pound wheat flour = 3 1/2 cups 1 cake yeast = 2 envelopes dry yeast 3 cups scant cornmeal = 1 pound

Other Notable Information

Indian meal = cornmeal
Gem = Muffin or cupcake
Lump = about two tablespoons (usually butter)

ABOUT THE AUTHOR

Roxe Anne Peacock lives in Caledonia, Illinois and is the author of Leave No Trace and Fatal Catch, three short stories, several articles and poems.

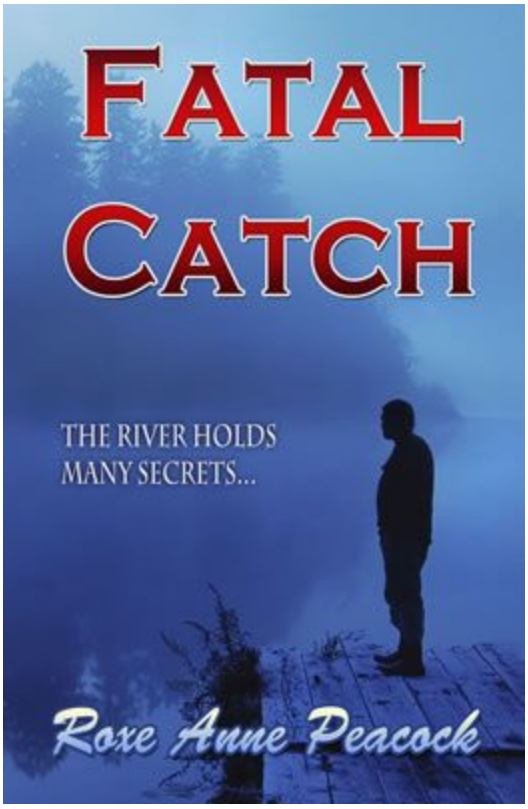
The Rockford Chamber of Commerce sponsored a juried art book, Art Rockford, copyright 2004, which Roxe Anne was asked to participate in. It sold at Barnes & Noble, Borders, Rockford Art Museum, and other book vendors throughout the Rock River Valley.

While raising five daughters, she was a Girl Scout leader, 4-H leader, and hosted several AFS students.

She participated in Civil War re-enactments for over ten years, helped host ladies' teas for the public, participated in Civil War balls, Civil War fashion shows, and helped educate the public at living histories. She also appeared on CSPAN in the re-enactment of the Lincoln-Douglas debates.

At the present, Roxe Anne is working on a science fiction series. She also hopes to write a non-fiction book about her journey to lose weight and get healthy.

She enjoys spending time with her pug, Spike, husband, Tom, family and friends.


FATAL
CATCH
THE RIVER HOLDS
MANY SECRETS...
Roxe Anne Peacock

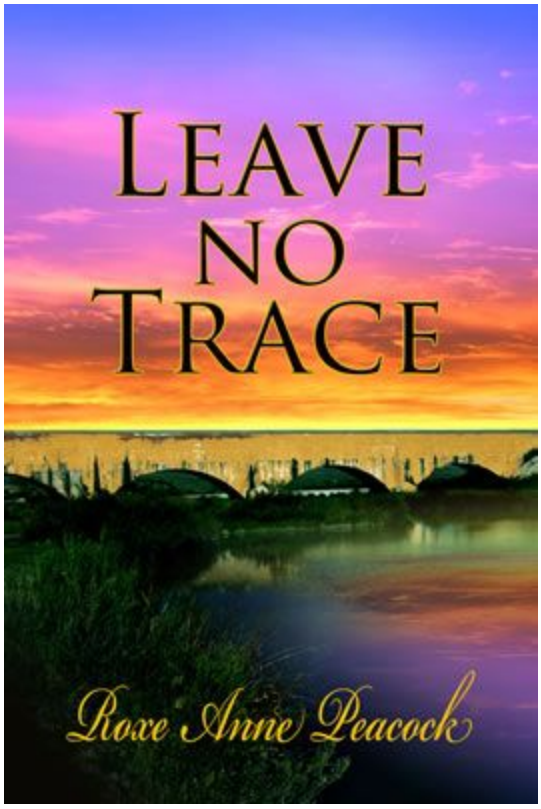
Fatal Catch

Publisher: Roxe Anne Peacock
Amazon: ASIN: B0061TBRVA
Barnes and Noble: BIN ID: 2940032839262

It's 1963, and Chief Riley Bennett knocks on Dody Canfield's door informing her that her husband died instantly when his car struck a telephone pole. Not wanting to raise her three children alone, it isn't long before she brings home Frank Billings; and he's moving in.

Mama sends thirteen-year-old Missy to take her little brother, Billie, fishing so she can have some alone time with Uncle Frank. Billie casts his line into the murky river water hooking the big one; granddaddy of all fish. He quickly hands the reel to Missy hoping not to lose his catch. Missy reels in slowly—bubbles begin emerging—releasing an undercurrent of secrets, deadly lies, and terror on the Canfield family.

Note: Photo cover designed by Heather Land


LEAVE
NO
TRACE
Roxe Anne Peacock

Leave No Trace

Publisher: Whiskey Creek Press LLC
http://www.whiskeycreekpress.com
Amazon: ASIN: B004SBOK4Y
Barnes and Noble: ISBN-13: 9781603139250

Jessica Waters was looking forward to attending college in the fall with her best friend, Sandra Adams. But when Sandra disappears the night after prom, mutual friend, Jason Harris becomes the number one suspect. Jason isn't the only suspect in the tight-knit community of Carlsbad, New Mexico. Before Sandra disappeared, she confessed to having an affair with coach and teacher, Carl Lundstrum. Now Jessica is going to make it her mission to find out what happened to her best friend if it is the last thing she ever does.

Note: Leave No Trace cover art created by Gemini Judson.